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SPECIAL OFFER
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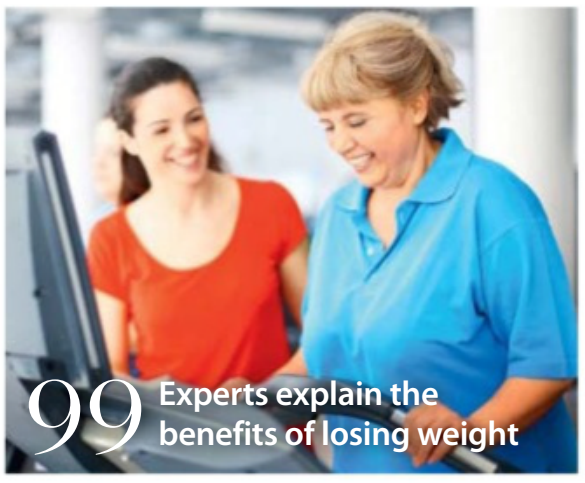

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We're all individuals

Living with diabetes is a tough gig, and it can be especially hard because there's no one definitive answer on how to best manage it.

Everyone's diabetes is slightly different and everyone's body responds differently to food and medication.

In every issue of the magazine we aim to provide you with information you can use to create a plan and lifestyle that best suits your individual needs. We provide guidelines and nutritional analysis for all our recipes, but recommend that you meet with a diabetes educator or credentialled dietitian to work out what kind of eating plan suits your needs best.

Healthy eating is a good idea for everyone, whether you're living with diabetes or not, and we hope that our recipes provide you with both the inspiration and the information you need to make the healthy choices that best suit you.

This issue is packed with delicious recipes that are perfect for the cooler days. I'm a huge fan of anything I can cook in one pot (page 56) and will also be taking advantage of seasonal lemons (page 28) to put some added zing into my meals.

Our real life story with Neil (page 112) is definitely worth a read – he didn't take his type 2 seriously until it cost him his sight. He went to bed one night looking at his wife lying next to him and woke up the next morning completely blind.

Today is the day you can make a positive change to your life and show diabetes you're in charge!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

WEBSITE
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NEXT ISSUE ON SALE 13 JUNE

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

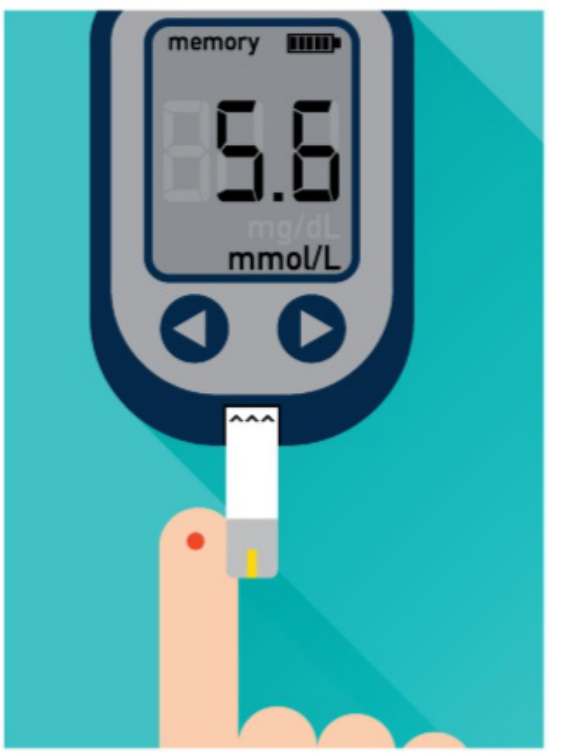
START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone. ➤

* That's People With Diabetes

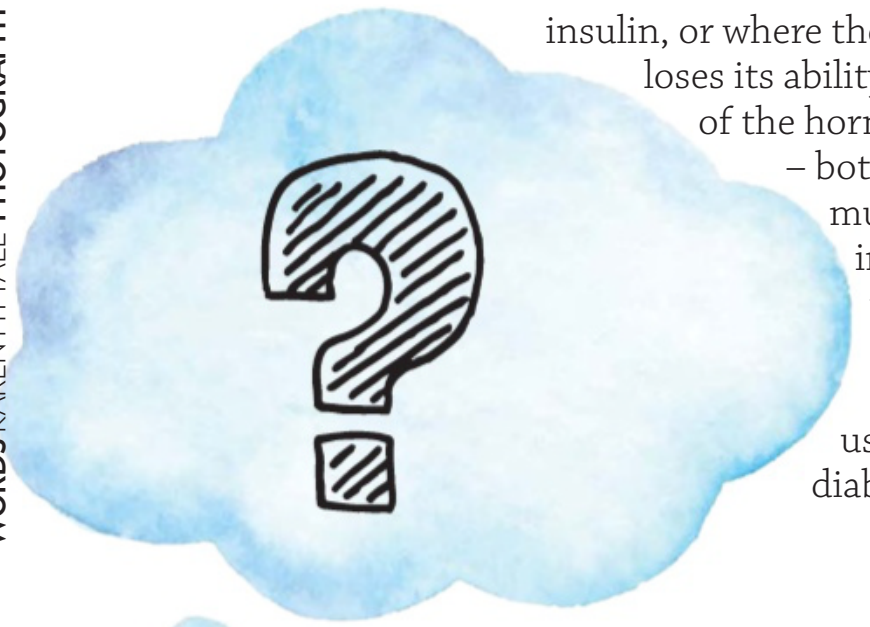
TYPE 1 AND TYPE 2...

What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Losing just 5% of your body weight can have a positive impact.



WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthylife

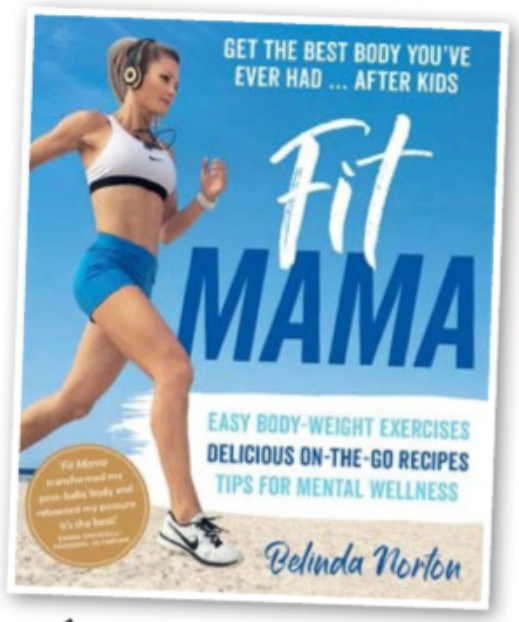
New tech, books and research to help monitor and control your wellbeing

COULD DIABETES AND PAIN BE RELATED?

Researchers at the University of Sydney found people who have diabetes have a 35 per cent higher risk of experiencing lower back pain, and a 24 per cent higher risk of neck pain, compared with those people without diabetes. The findings, recently published in scientific journal *PLOS ONE,* suggest diabetes and pain in these areas seem to be connected and warrant further investigation.

FIT MAMA
by Belinda Norton, Murdoch Books, $29.99

Single mum and health and fitness educator Belinda Norton has released her inspiring, body positive and practical guide *Fit Mama*. Featuring body-weight exercises, delicious recipes and tips for juggling kids and work to ensure you make time for your health, this is a must-have book.



FITBIT ADDS TO RANGE

Bringing all the essential health and fitness features to your wrist with stylish fitness trackers is Fitbit's specialty, and the latest releases are no exception. "With our newest products, we're delivering high-quality, easy-to-use wearables that are more affordable," explains James Park, co-founder and CEO of Fitbit. The Versa Lite ($249.95), Inspire ($129.95) and Inspire HR ($179.95) are available now. For more info, visit fitbit.com/au.

Fitbit range (from left): Inspire, Inspire HR, Charge 3, Versa Special Edition, Versa Lite, Ionic.

Plott it out

There's no better feeling than writing things down, even more so when it comes to managing your diabetes. The recently created Blood Glucose Levels, Food and Exercise Log Book (by Plott It Out – Life Changing Stationery), isn't just another notebook – rather, it inspires you to document your life with diabetes without the frustration or fear of forgetting important information. Containing 33 daily log sheets (that's one month's worth of goals and health information in one handy place), this book can make visiting your healthcare team a breeze! For more information head to etsy.com/shop/plottitout.

PLAN YOUR MEALS

Prepping meals in advance works. Researchers in France found of 40,000 adults studied, those who planned meals in advance were 13 per cent more likely to have healthier eating patterns, 25 per cent more likely to consume healthier foods, and had a 20 per cent lower risk of obesity.

My child has very recently been diagnosed with type 1 and I am still in shock. How did you cope when finding out that your child had been diagnosed with diabetes?

Elissa says: As a parent, I was absolutely devastated at first, but luckily, with my family, their father already had type 1, so we were in a more fortunate position with already understanding the ins and outs of managing diabetes. In saying this, it still took me six weeks to come to terms with the diagnosis. After each of my four children were diagnosed I felt the same sadness and despair.

I think it's very normal to feel this way and, after allowing some time to grieve, I would then pick myself up as I believe positivity is the only way. I knew this was something my kids were going to have to live with forever, so it was up to me to be as positive and encouraging as possible, which would help them accept and adjust to their new way of living. ➤

Elissa Renouf is owner of Diabete-ezy and a mum of four kids with type 1. Her range of convenient diabetes products is at diabete-ezy.com
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Spotlight on pilates

Pilates is often mentioned as a good form of exercise to get you started, but what makes it so worthwhile? Adaptable to every age and fitness level, pilates is a whole-body workout inspired by calisthenics, yoga and ballet. Lengthening and stretching all the major muscle groups in the body to release the tension in them, over time pilates can improve flexibility, strength, balance, body awareness and concentration. By adding resistance exercises, your bone density and muscular and postural strength are also improved.

Dementia findings

The link between diabetes and dementia has long been known, however, this is largely based around data collected on type 2 diabetes. Researchers at the University of Newcastle's Clinical Nutrition Research Centre, in collaboration with Curtin University, are due to investigate whether this is also the case for type 1. The hope is for early detection, to counteract any damage before it becomes irreversible.

GET YOUR EYES TESTED TODAY!

Despite having well-trained eye-care providers across Australia delivering world-class health care, many people living with diabetes do not attend regular examinations, putting themselves at risk. There are currently 10,000 people here living with vision-threatening diabetic retinopathy and it is expected that this number will double by 2030. Turn to page 112 for an eye-opening story.

PEOPLE WITH DIABETES ARE

40%

more likely to develop glaucoma, and 60 per cent more likely to develop cataracts.

NEW PROGRAM

Developed in collaboration with the CSIRO, Impromy's Health and Weight Loss Program offers scientifically formulated meal replacements, smarter eating and support from trained consultants, all proven to help you lose weight. A lifetime membership ($49.95) offers an individually designed program, with regular consultations, measures and advice to help you achieve your health goals. For more info, visit impromy.com.

THE MEDTRONIC IS HERE!

The world's most advanced diabetes technology is now available in Australia! The Medtronic MiniMed 670G system is an automatic, self-adjusting insulin pump that measures your BGLs every five minutes and delivers precise amounts of insulin when needed. Our resident columnist Rob Palmer has taken this pump for a spin, and you can read about his experience on page 138.

Q&A ASK DR LINJAWI

My doctor says I should change my insulin to a new type that is now available in Australia, even though my blood glucose levels are okay. Why?

Sultan says: There are two new types of insulin in Australia that your doctor may want you to try, Toujeo and Ryzodeg 70/30.

Toujeo is a long-acting insulin and is a more concentrated form of Lantus that, due to some modifications, lasts longer in the body.

Ryzodeg 70/30 is a combination of quick and slow insulin, like Mixtard 30/70 or NovoMix 30.

Both of these insulins are a good option, particularly if you are experiencing low blood glucose levels or are at risk of having a hypo.

Both reduce the risk of having a low sugar significantly compared with older treatments.

My view is that it is a bit like a new safety feature available on a car – anything that makes managing diabetes safer and easier sounds like a great idea to me.

Dr Sultan Linjawi, endocrinologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

1 IN 4 AUSSIES ARE VERY LONELY

The Australian Loneliness Report, recently released by the Australian Psychological Society and Swinburne University, found one in two (50.5%) Australians feel lonely at least one day a week, while more than one in four (27.6%) feel lonely for three or more days a week. Further, it concluded loneliness is no longer an issue that only affects people over the age of 65, but that people of all ages (including 18-65) experience it. Having people around you who are able to support you with your diabetes management is one step towards lessening the feeling of loneliness. Discover how to find and grow a support network, page 101.

Help for tots

Scientists at the Telethon Kids Institute in Western Australia believe young children who are at high risk of developing type 1 (due to family history) may show **abnormal blood glucose levels** before any symptoms appear. This world-first study could be crucial to determine what may trigger diabetes, to further intervene and potentially prevent type 1 from developing. For more info, visit endia.org.au.

Cider rules

Apple cider vinegar has long been known to have health benefits and previous studies have found it can help lower BGLs in people with type 2 and pre-diabetes. However, the use of this vinegar could alter the effects of your medication. Before using it in your cooking or drinking it, be sure to discuss with your healthcare team first.

I've heard that stress can impact BGLs. How and why? Is all stress bad?

Janine says: It is now well known that stress can impact BGLs. But, while stress may not always be your friend, it may not always be your enemy either.

How much stress impacts BGLs varies from person to person. In some people, stress hormones (e.g. cortisol) increase the amount of sugar in the blood, causing BGLs to rise. In others, stress causes BGLs to fall. Complicating matters, there are different types of stress and not all stress has the same effect! The kind of stress that seems most likely to adversely impact blood glucose is that which shows up when you feel stuck or helpless. The stress you feel when you do something scary or challenging seems to have less impact.

Learning to recognise signs of stress can help. Symptoms include headaches, sleep problems, muscle stiffness, restlessness and worry. A diary to monitor the issue helps. If you are feeling stressed, talk to your GP. ■

Dr Janine Clarke, psychologist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

WORDS ELLIE GRIFFITHS **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

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ASK YOUR TerryWhite Chemmart. pharmacist

What can I do to avoid catching a cold or getting the flu this season?

The best approach is a holistic one. This includes eating a healthy diet, rich in wholegrains and containing five serves of vegetables and two serves of fruit a day, and doing some regular physical activity.

Many well-known supplements can support the immune system, and you can discuss these with your TerryWhite Chemmart pharmacist. Zinc and echinacea, for example, may help to support your immunity, reduce the severity and duration of colds, and improve your overall wellbeing and vitality.

Washing your hands regularly is also vital. The viruses responsible for colds and the flu can live on surfaces for hours and spread when people touch the infected surface. Washing your hands thoroughly with soap and water at regular intervals throughout the day, and particularly before you eat, is a simple, effective way to help avoid being infected with, and spreading, these viruses. If you prefer using a hand sanitiser, choose one that contains at least 60 per cent alcohol and rub it all over the surface of your hands until they're dry.

And, remember, getting the flu vaccination is the best way to protect yourself from the flu and the serious complications it can cause.

Getting the flu vaccination is the best way to protect yourself

PHOTOGRAPHY GETTY IMAGES

TerryWhite Chemmart pharmacist Chris Campbell answers some important questions about how to stay or get well this winter

Is the flu vaccination recommended for everyone or specific groups of people?

There are some people who would particularly benefit from having the flu vaccination, including those aged over 65, pregnant women, Aboriginal and Torres Strait Islanders aged 15 years and over, and people, such as the parents of young children and healthcare professionals, who could transmit influenza to high-risk populations if they were to catch it.

But the flu vaccination is recommended for anyone who wants to reduce their likelihood of becoming ill with influenza, an illness that's much more severe than the common cold, can last up to 10 days and, in some cases, can be followed by a secondary illness such as pneumonia.

TerryWhite Chemmart pharmacies provide an extremely convenient option for customers wanting to get a flu vaccination, with long opening hours and flexible vaccination times. This year, the flu vaccination being administered by TerryWhite Chemmart pharmacists is a quadrivalent vaccine, which protects against four strains of influenza virus. You can book a flu vaccination appointment online at terrywhitechemmart.com.au or by visiting your nearest pharmacy.

What's the best plan of attack if I do get sick?

The most important thing is to make sure you rest, keep your fluids up and eat well. There are also medications and products that can help to manage your symptoms.

It's important to speak to your pharmacist about which products are most appropriate so you avoid doubling doses if you're taking multiple products.

And, if you are sick, stay home as much as possible and cough or sneeze into your inner elbow if you don't have a tissue, to avoid infecting others. Compared with your hands, your inner elbow is much less likely to touch another surface, so you are less likely to transmit your virus. If you use a tissue, throw it away immediately. ■

The kids ARE ALL RIGHT

Victorian students Josh McDonald and Shakaya Thomas earned the title of Young Entrepreneur of the Year with their app for diabetes management

It's said our children are the future, and they're not wrong; students Josh McDonald and Shakaya Thomas, of Lara Secondary School in Victoria, recently won the Upstart Challenge Geelong – an entrepreneurial ideas challenge and mentoring program for secondary school – for their app idea 'CGM Buddy'.

What makes the CGM Buddy so unique is the potential impact it could have on people with type 1 diabetes. "There's so many people dealing with diabetes across the country and it's rarely brought up or talked about," explains Shakaya.

Josh, who has type 1, has discovered that although there are many apps available today to help him manage his diabetes, there are many functions missing, such as emergency contacts.

"The CGM Buddy has an emergency contact ability in it, which will contact the three emergency contacts put

Shakaya and Josh, Upstart Challenge Geelong winners.

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES, PAM HUTCHINSON

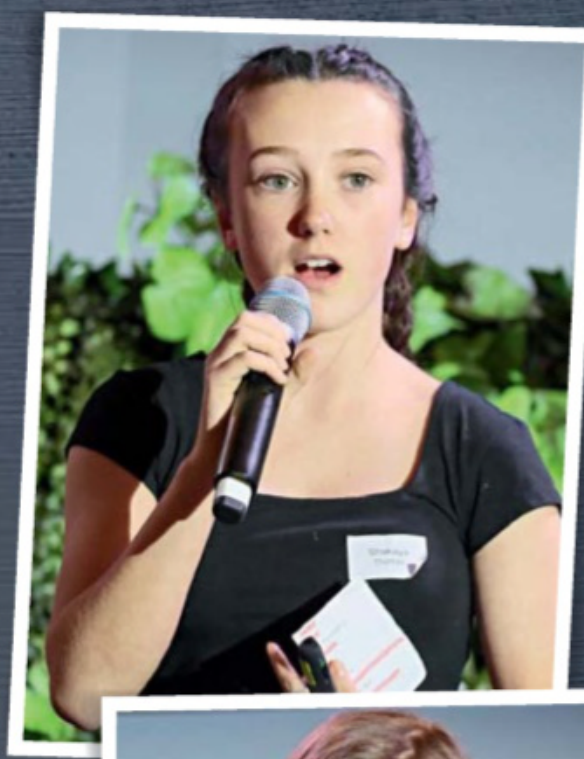
into the app if you have a hypo and will play an automated message," Josh explains. "If none of them respond, the app will call emergency services," Shakaya adds.

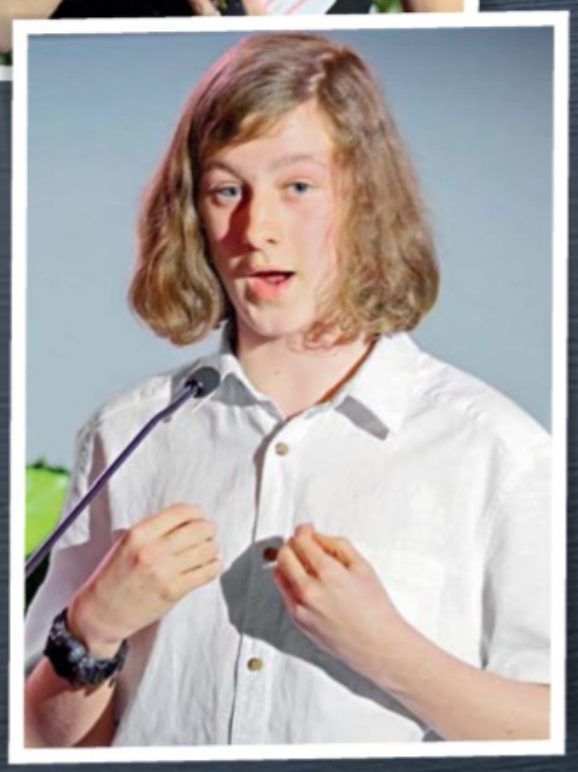
"Halfway through building on the idea a woman in her 20s died in Geelong due to a hypo while she was sleeping," says Josh. "This was motivation for us to make this happen, so we can prevent more unfortunate losses like this one." The device – which would constantly monitor your blood glucose levels and send smartphone alerts when limits are reached – would ultimately reduce the stress of the person with diabetes and their families.

"I sit down at my desk to do schoolwork or play games then I look to my left and see the Upstart trophy that reminds me that we can do this," says Josh. "This idea is coming to life!"

While they are still students, Josh and Shakaya recently pitched the CGM Buddy at the Wade Institute of Entrepreneurship (a leading centre in Victoria for entrepreneurial training). Presenting to a large audience, the duo was rewarded with a Master of Entrepreneurship scholarship worth $50,000, and spoke to several people who were interested in their idea. Since then, through the help of a tech industry insider, Josh and Shakaya have begun working on a prototype of the app, and are now reaching out to the medtech industry to take it further.

"I hope to be able to share this app to diabetics across Australia – the world even!" says Shakaya. "I'd just love to make their lives easier and see a smile on their faces knowing that they don't have to worry anymore." ■

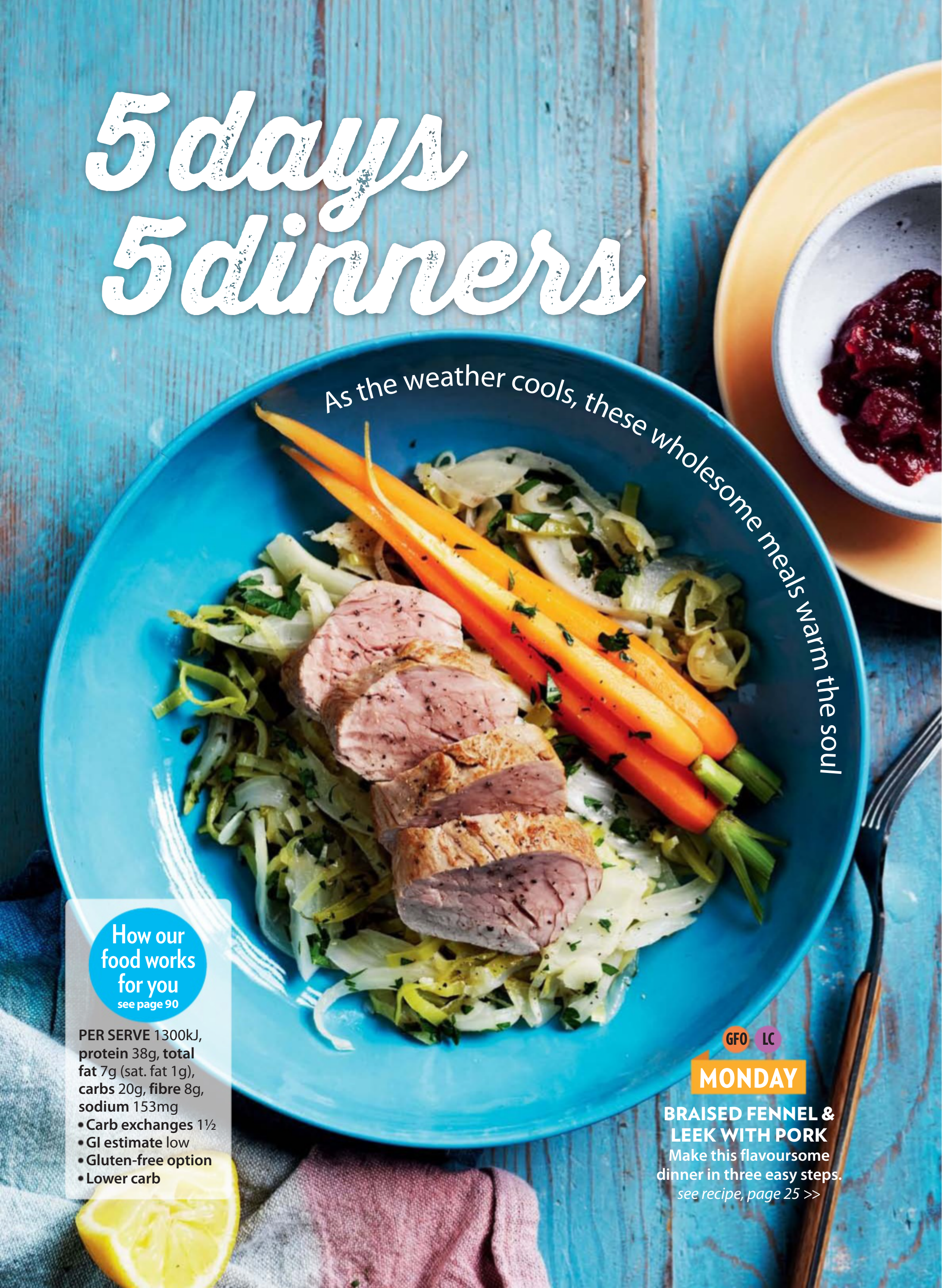




If you'd like to know more, or know someone who could help, please get in contact with jsupstartcompetition@gmail.com

5 days 5 dinners

As the weather cools, these wholesome meals warm the soul



How our food works for you

see page 90

PER SERVE 1300kJ, **protein** 38g, **total fat** 7g (sat. fat 1g), **carbs** 20g, **fibre** 8g, **sodium** 153mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

MONDAY

BRAISED FENNEL & LEEK WITH PORK

Make this flavoursome dinner in three easy steps.

see recipe, page 25 >>

GFO

TUESDAY

RED CHICKEN CURRY WITH RICE

This classic Thai dish is the ultimate healthy comfort food.

see recipe, page 25 >>

NUTRITION INFO
PER SERVE 2190kJ, **protein** 46g, **total fat** 10g (sat. fat 3g), **carbs** 54g, **fibre** 11g, **sodium** 678mg
- **Carb exchanges** 3½
- **GI estimate** medium
- **Gluten-free option**

GF LC

WEDNESDAY

NUTRITION INFO
PER SERVE 1350kJ, **protein** 37g, **total fat** 10g (sat. fat 3g), **carbs** 17g, **fibre** 8g, **sodium** 385mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

ROASTED BEET, FENNEL AND LAMB SALAD

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

1 bunch baby beets, trimmed, peeled, cut into thin wedges
300g lamb leg steaks, trimmed of fat
Freshly ground black pepper
1 stick celery, diagonally sliced
½ small head fennel, outer layer removed, very thinly sliced
30g rocket leaves

Horseradish cream
2 Tbsp fresh lemon juice
1 Tbsp horseradish cream
Freshly ground black pepper

1 **Preheat oven** to 200°C (fan-forced). Line a small roasting pan with baking paper. Place beet wedges in roasting pan and spray with cooking spray. Roast for 20 minutes or until very tender. Set aside.
2 **Heat a chargrill pan** over medium-high heat. Spray lamb steaks with cooking spray and season with freshly ground black pepper. Add lamb to chargrill and cook for 2 minutes each side for medium, or until they are cooked to your liking. Transfer to a plate, cover loosely with foil and then rest for 2 minutes.
3 **Combine celery,** fennel and rocket in a bowl. Diagonally slice lamb steaks and add to salad. Toss to combine.
4 **To make horseradish cream,** whisk all ingredients in a small bowl.
5 **Divide salad between** two plates. Drizzle with dressing and serve. ➤

GFO

THURSDAY

ROASTED VEGETABLE & BALSAMIC PASTA

A traditional hearty pasta dish meets a winter salad in this delicious offering.

see recipe, page 26 >>

NUTRITION INFO

PER SERVE 2020kJ, **protein** 16g, **total fat** 24g (sat. fat 6g), **carbs** 44g, **fibre** 14g, **sodium** 338mg

- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

GFO

FRIDAY

HERB FISH CAKES WITH AVOCADO SALSA

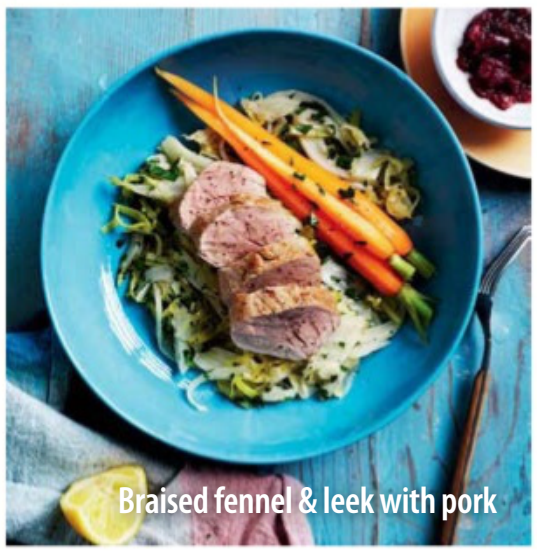
Trade fish and chips for a gourmet version, paired with salad and salsa.

see recipe, page 26 >>

NUTRITION INFO

PER SERVE 2150kJ, **protein** 37g, **total fat** 24g (sat. fat 5g), **carbs** 32g, **fibre** 8g, **sodium** 281mg

- **Carb exchanges** 2
- **GI estimate** medium
- **Gluten-free option**


Braised fennel & leek with pork

Red chicken curry with rice

Delightful, vegie-filled meals are as simple as 1, 2, 3!

BRAISED FENNEL & LEEK WITH PORK

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

2 tsp extra virgin olive oil
1 small head fennel, outer layer removed, thinly sliced
1 small leek, thinly sliced
2 cloves garlic, crushed
2 Tbsp water
300g pork fillet, trimmed of all visible fat
Juice of half a lemon
2 Tbsp chopped flat-leaf parsley plus extra, to serve
Freshly ground black pepper
2 Tbsp cranberry sauce or gluten-free cranberry sauce, to serve
1 bunch baby (Dutch) carrots, trimmed, peeled, steamed, to serve

1 **Heat 1 tsp** of oil in a medium saucepan over medium heat. Add fennel, leek and garlic. Cook, stirring, for 2 minutes. Add water, cover and reduce heat to low. Cook, covered, stirring occasionally, for 20-25 minutes, or until vegetables are very tender.
2 **Meanwhile,** heat remaining oil in a medium non-stick frying pan over medium-high heat. Add pork and cook, turning occasionally, for 6-7 minutes, or until pork is just cooked (you want it a little pink in the middle). Transfer to a plate, cover loosely with foil and set aside to rest.
3 **Stir lemon juice** and parsley into fennel mixture. Season with pepper. Slice pork. Divide the fennel mixture between serving plates and place the pork slices on top. Sprinkle with extra parsley. Serve with the cranberry sauce and carrots.

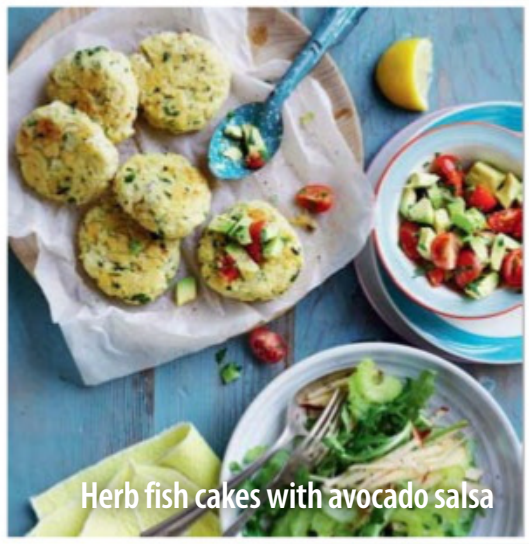
RED CHICKEN CURRY WITH RICE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

½ tsp olive oil
1½ Tbsp Valcom red curry paste
½ red onion, thinly sliced
3 baby (slender) eggplant, chopped
200g button mushrooms, halved or quartered
2 tsp cornflour or gluten-free cornflour
185ml (¾ cup) water
185ml (¾ cup) Carnation Light & Creamy Evaporated Milk
250g skinless chicken breast fillet, trimmed of fat, cut into cubes
100g sugar snap peas, trimmed
125g tub SunRice Steamed Brown Rice & Quinoa, heated following packet instructions
Flat-leaf parsley leaves, to serve (optional)

1 **Heat oil** in a large non-stick wok over medium heat. Add curry paste and cook, stirring, for 1 minute. Add onion, eggplant and mushrooms. Cook, stirring, for 2 minutes.
2 **Add combined cornflour,** water and evaporated milk to wok. Cook, partially covered, for 10 minutes.
3 **Add chicken** and sugar snap peas to wok. Cook, uncovered, for a further 5 minutes, or until chicken is tender. Stir in rice. Top with parsley, if desired. ➤

Roasted vegetable & balsamic pasta


Herb fish cakes with avocado salsa

ROASTED VEGETABLE & BALSAMIC PASTA

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

1 bunch baby beets, trimmed, peeled, cut into small wedges
½ red onion, cut into thin slivers
3 slender (baby) eggplant, finely chopped
2 Tbsp extra virgin olive oil
250g punnet cherry tomatoes, halved
2 sprigs rosemary, leaves removed, roughly chopped
2 Tbsp balsamic vinegar
150g fresh fettuccine or gluten-free pasta
30g rocket leaves
Freshly ground black pepper
30g parmesan, peeled into shavings, to serve

1 **Preheat oven** to 200 °C (fan-forced). Line a roasting pan with baking paper. Put beets, onion and eggplant in pan. Drizzle over 1 Tbsp of oil. Roast for 15 minutes. Add tomatoes, rosemary and drizzle over vinegar. Roast for a further 10 minutes, or until vegetables are tender.
2 **Meanwhile,** cook pasta in a large saucepan of boiling water for 2-3 minutes or until al dente. Drain well and then return to pan.
3 **Add roasted vegetables** and any pan juices to pasta. Add rocket and remaining oil. Season with pepper. Toss to combine. Divide between serving bowls. Top with parmesan shavings and serve.

HERB FISH CAKES WITH AVOCADO SALSA

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A MAIN)

300g Spud Lite Potatoes, peeled, chopped
2 cloves garlic, peeled
1 Tbsp extra virgin olive oil
300g skinless and boneless white fish fillets
Zest of half a lemon and wedges, to serve
Handful parsley leaves
3 Tbsp dried breadcrumbs or gluten-free breadcrumbs
Freshly ground black pepper
1 small red apple, cut into thin sticks
1 stick celery, thinly diagonally sliced
60g rocket or baby spinach leaves

Avocado salsa

1 small avocado, chopped
8 cherry tomatoes, chopped
1 Tbsp roughly chopped flat-leaf parsley
Freshly ground black pepper

Health Tip
Fish is rich in iodine, which is needed to produce essential thyroid hormones.

1 **Cook potatoes and garlic** in a saucepan of boiling water for 10-12 minutes or until just tender. Drain and return to pan. Set aside to cool.
2 **Meanwhile,** heat 1 tsp oil in a medium non-stick frying pan over medium heat. Add fish and cook for 2 minutes each side, or until almost cooked through. Transfer to a plate and set aside to cool. Flake into pieces.
3 **Place potato and garlic,** fish, lemon zest, parsley, breadcrumbs and pepper in a small food processor. Cover and process until just combined and mixture is roughly chopped. Shape into 6 patties.
4 **Combine apple,** celery and rocket in a small bowl to make a salad.
5 **For avocado salsa,** combine ingredients in a small bowl.
6 **Heat remaining oil** in a large non-stick frying pan over medium heat. Add patties and cook for 3 minutes each side, or until light golden brown and cooked through. Serve fish cakes with apple salad, avocado salsa and reserved lemon wedges.

YOUR shopping list

GROCERIES

- ☐ 175g jar horseradish cream
- ☐ 275g jar cranberry sauce
- ☐ 210g jar Valcom red curry paste
- ☐ 375ml can Carnation Light & Creamy Evaporated Milk
- ☐ 250g pkt (2 x 125g tubs) SunRice Steamed Brown Rice & Quinoa
- ☐ 375g pkt fresh fettuccine

FRUIT AND VEGETABLES

- ☐ 2 bunches baby beets
- ☐ 2 small heads fennel
- ☐ ½ bunch celery
- ☐ 120g rocket leaves
- ☐ 2 lemons
- ☐ 1 small leek
- ☐ 1 bunch baby carrots
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 red onion
- ☐ 6 baby (slender) eggplant
- ☐ 200g button mushrooms
- ☐ 100g sugar snap peas
- ☐ 2 x 250g punnet cherry tomatoes
- ☐ 1 bunch rosemary
- ☐ 1.5g pkt Spud Lite Potatoes
- ☐ 1 small red apple
- ☐ 1 small avocado

MEAT & CHICKEN

- ☐ 300g lamb leg steaks
- ☐ 300g pork fillet
- ☐ 250g skinless chicken breast fillet

SEAFOOD

- ☐ 300g skinless and boneless white fish fillets

HOME

- ☐ Olive oil/Extra virgin olive oil
- ☐ Black pepper
- ☐ 4 garlic cloves
- ☐ Cornflour
- ☐ Balsamic vinegar
- ☐ Parmesan
- ☐ Dried breadcrumbs

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY, GETTY IMAGES **STYLING** VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

LEFTOVERS

GROCERIES

Curry paste: Use to make a curry, or rub a little curry paste on white fish fillets before pan-frying or barbecuing.
Evaporated milk: Use in soups, sauces and desserts.
Pasta: Cook and serve with your favourite healthy pasta sauce.
Rice: Toss ½ tub with a mix of salmon or tuna in springwater, four bean mix, cherry tomatoes, Lebanese cucumber and a handful of rocket leaves, for a light meal.
Cranberry sauce: Serve with grilled turkey steaks, steamed vegies and a small bread roll.
Horseradish cream: Serve with chargrilled or roast meats. Use in salad dressings or sauces.

FRUIT AND VEGETABLES

Cherry tomatoes: Use in toasted sandwiches, pasta sauces or throw onto a pizza.
Rosemary: Finely chop and combine with chopped parsley, lemon zest and juice, and a little extra virgin olive oil. Season with pepper and use to marinate steaks, chicken or lamb.
Parsley: Use in dressings and salad and toss through steamed veg with a squeeze of lemon juice and a dash of pepper.
Fennel: Use in salads, stir-fries or roasts, along with your vegies.
Lemon: Use juice in dressings – drizzle over a salad to add a bit of zing without any calories.
Potatoes: Use to make potato salad. Steam or microwave, and top with salt-reduced canned baked beans, chopped tomato, shredded lettuce, parsley and a little grated reduced-fat cheese, for a main meal.
Celery: Cut into sticks and keep in the fridge to snack on. ■

LEMONS

WINTER'S POWER FRUIT

Packed with vitamin C and perfect for adding a flavour punch, their acidity can also lower a meal's glycemic index! Available year-round, lemons are at their best from March-October

GFO LC

LEMON AND GARLIC PRAWNS

Citrus and seafood are always a good combo.

see recipe, page 32 >>

> **Lemon juice is a great flavour enhancer and the perfect alternative to many high-salt condiments.**

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 1310kJ, **protein** 25g, **total fat** 13g (sat. fat 2g), **carbs** 20g, **fibre** 5g, **sodium** 361mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

NUTRITION INFO
PER SERVE 1400kJ, **protein** 36g, **total fat** 9g (sat. fat 2g), **carbs** 22g, **fibre** 8g, **sodium** 349mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

GFO LC

CHICKEN WITH LEMON AND CAPER SAUCE

The wine and stock help keep the meat juicy.

see recipe, page 32 >>

LEMON TIPS

Get the most bang for your buck with this flavourful fruit…

Taste

Try using a combination of lemon juice and zest for a fresh flavour hit.

Health

Lemon packs a big vitamin C punch, which may lessen the duration of cold symptoms.

Buying

Choose lemons that are plump, bright yellow and feel heavy for their size.

Storage

Lemons last longer if stored in the fridge, but bring to room temperature before using to get more juice.

SCONES WITH CANDIED LEMONS

PREP TIME: 20 MINS
(+ 2 HOURS CHILLING)
COOK TIME: 30 MINS
SERVES 16 (AS AN OCCASIONAL DESSERT)

NUTRITION INFO
PER SERVE 766kJ, **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 35g, **fibre** 1g, **sodium** 84mg
- **Carb exchanges** 2½
- **GI estimate** high

2 large lemons
185ml (¾ cup) water
260g (1¼ cups) white sugar
225g (1½ cups) plain flour
80g (½ cup) wholemeal plain flour
1½ tsp baking powder
¼ tsp bicarbonate of soda
80g light margarine
2 x 60g eggs
125ml (½ cup) buttermilk (see Cook's Tips)
80g (½ cup) pure icing sugar, sifted
1 tsp vanilla essence

1 Cut one of the lemons into eight very thin slices and remove the seeds. Remove zest and squeeze 2 Tbsp juice from the remaining lemon. Put the lemon juice, water and 1 cup white sugar in a large non-stick frying pan over medium heat. Cook, stirring, until the sugar dissolves. Add the lemon slices and reduce heat to medium-low. Simmer for 15 minutes, turning occasionally, or until the lemon slices are slightly translucent and the rind has softened.

2 Remove the pan from the heat. Using tongs, transfer the lemon slices to a tray lined with baking paper and set aside to cool completely. Discard syrup. Cover the lemon slices with plastic wrap and place in the fridge for 2 hours to chill. Cut the lemon slices in half.

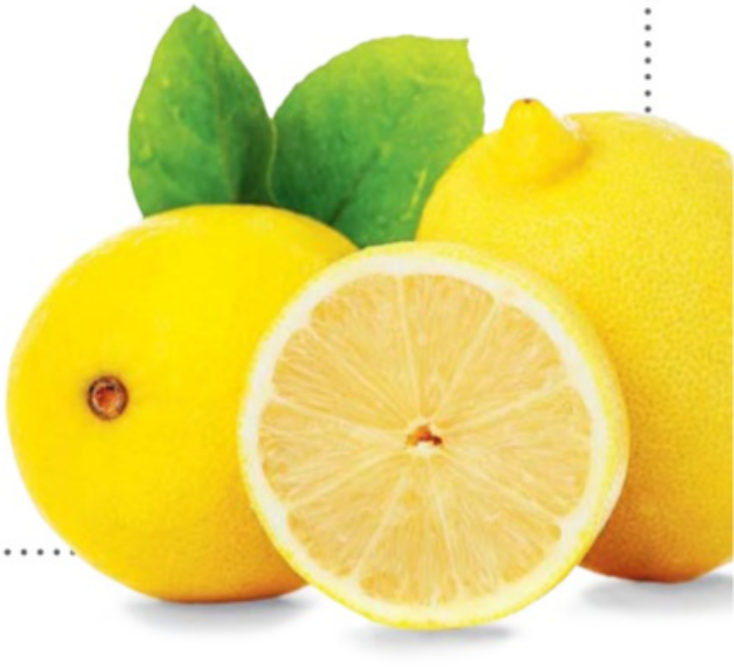
3 Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper. Put the flours, baking powder, bicarbonate of soda and the remaining ¼ cup sugar in a large bowl. Stir until well combined. Add the margarine and use your fingertips to rub in until mixture resembles coarse breadcrumbs. Make a well in the centre of the flour mixture.

4 Whisk eggs and 80ml (⅓ cup) buttermilk in a small bowl. Add to the flour mixture. Stir with a flat-bladed knife until the mixture just starts to come together. Bring together with your hands to form a ball. Turn out onto a lightly floured surface and roll out to a 20cm circle. Brush the top with 1 Tbsp of remaining buttermilk. Cut into 16 wedges. Place wedges on the lined tray, about 2.5cm apart and top with the reserved candied lemon. Bake for 12-15 minutes or until the edges are golden brown and the scones are cooked through. Transfer the tray to a wire rack and set aside for 10 minutes to cool slightly.

5 Combine the icing sugar, vanilla essence, remaining buttermilk and ½ tsp lemon zest in a small bowl. Drizzle or spoon over the scones. Set aside for 5 minutes. Serve warm.

COOK'S TIPS

- **Replace buttermilk with 1 tsp fresh lemon juice stirred into ½ cup milk.**
- **Keep in an airtight container for up to 2 days. Alternatively, wrap un-iced scones individually in plastic wrap and place in freezer bags. Freeze for up to 2 months.** ➤



Lemon and garlic prawns

Chicken with lemon and caper sauce

LEMON AND GARLIC PRAWNS

PREP TIME: 20 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

85g (¾ cup) dried orzo pasta or gluten-free pasta
2 lemons, halved
1 Tbsp light margarine
2 Tbsp olive oil
750g green king prawns, peeled and deveined, tails left intact
Pinch chilli flakes
3 cloves garlic, finely chopped
3 zucchini, sliced into rounds
3 green shallots, trimmed, diagonally sliced
2 Tbsp water
1 tsp finely chopped rosemary
2 Tbsp chopped dill leaves
1 bunch broccolini, steamed, to serve

1 **Cook orzo** according to packet directions. Drain and set aside.
2 **Meanwhile,** using a vegetable peeler, remove the zest from one lemon and cut the zest into thin slivers. Set aside. Cut both lemons in half (you will have four halves). Squeeze 60ml (¼ cup) juice from three of the lemon halves. Set remaining lemon half aside.
3 **Heat the margarine** and 1 Tbsp of the oil in a large non-stick frying pan. Add the prawns, chilli flakes and two of the garlic cloves. Cook, tossing often, for 2 minutes or until prawns just change colour. Stir in 2 Tbsp of the lemon juice. Remove pan from the heat, transfer prawns to a large bowl and cover to keep warm.
4 **Heat remaining oil** in the frying pan over medium-high heat. Add the zucchini, shallots and remaining garlic. Cook for 3 minutes, stirring occasionally, or until the zucchini is tender. Add the water, rosemary and remaining 2 Tbsp lemon juice, stirring to scrape up any bits off the base of the pan. Stir in the cooked orzo and toss until heated through.
5 **Add the prawn mixture** to the orzo mixture and toss to combine. Sprinkle with dill and reserved lemon zest slivers. Squeeze the juice from the reserved lemon half over and serve. Serve with the broccolini.

CHICKEN WITH LEMON AND CAPER SAUCE

PREP TIME: 25 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A MAIN)

2 tsp cornflour or gluten-free cornflour
125ml (½ cup) salt-reduced chicken stock or gluten-free stock
2 x 250g skinless chicken breast fillets, trimmed of fat, halved horizontally
40g (¼ cup) plain flour or gluten-free flour
Freshly ground black pepper
1 Tbsp olive oil
4 slices lemon (optional)
2 tsp light margarine
3 large cloves garlic, crushed
60ml (¼ cup) dry white wine
2 Tbsp fresh lemon juice
1½ Tbsp drained capers (in vinegar)
1½ tsp chopped thyme, plus extra leaves to serve (optional)
2 Tbsp chopped parsley, to serve (optional)
400g Zarella Spud Lite potatoes, chopped, steamed, to serve
400g broccoli, cut into florets, steamed, to serve
12 baby carrots, scrubbed, steamed, to serve

1 **Combine the cornflour** and stock in a medium bowl. Place the chicken pieces between 2 pieces of plastic wrap. Using the flat side of a meat mallet, flatten the chicken until about 1.5cm thick.
2 **Put the flour** on a plate and season with pepper. Dip the chicken pieces in the flour, turning to coat and shaking off any excess. Heat the oil in a large non-stick frying pan over medium-high heat. Add the chicken and reduce heat to medium. Cook for 2-3 minutes each side, or until cooked through. Transfer to a plate and cover with foil to keep warm. Add the lemon slices to the pan, if using, and cook for 30-60 seconds each side, or until lightly browned. Transfer to a plate.
3 **Add margarine** to the pan and cook over medium heat until the margarine melts. Add the garlic and cook, stirring, for 30 seconds. Add the wine and cook, stirring, for 1-2 minutes, stirring and scraping any bits off the base of the pan. Stir in the cornflour mixture. Increase heat to high and bring to boil. ➤

NUTRITION INFO
PER SERVE (2) 550kJ, **protein** 2g, **total fat** 4g (sat. fat 1g), **carbs** 22g, **fibre** 1g, **sodium** 41mg
- **Carb exchanges** 1½
- **GI estimate** high

LEMON CURD DROPS

Yum! And the zest adds a healthy touch.

see recipe, page 34 >>

GET ZESTY

Don't forget to use the zest! Research shows consuming citrus zest may reduce the risk of cancer. You can buy a few different tools to remove the zest from your citrus fruit. Some will give you long, thin, sturdy strips while others will give you a fine or coarse grate (depending on which one you buy). When using a zester with a fine blade, avoid zesting the white pith of the fruit as it causes the zest to be too bitter.

Versatile peel

This medium-size zest adds flair and flavour to any dish. It's a great topper for seafood or desserts.

Cocktail attire

Wide, long strips can be candied for desserts or used raw as a cocktail garnish.

Secret zest

Stir tiny zest bits into vinaigrettes and glazes when you want flavour with texture.

> Vitamin C is heat sensitive, so you'll lose some when the lemons bake. Adding zest to the glaze is a tasty way to gain a little back.

Lemon curd drops

Reduce heat to medium and simmer for 1 minute or until the sauce thickens. Stir in the lemon juice, capers and thyme.

4 **Place the chicken** on serving plates and spoon over the sauce. Top with the lemon slices, parsley and extra thyme, if using. Serve with the potatoes, broccoli and carrots.

LEMON CURD DROPS

PREP TIME: 30 MINS
(+ 1 HOUR CHILLING)
COOK TIME: 20 MINS
MAKES 48 LEMON DROPS
(2 PER SERVE: AS A SNACK)

140g light margarine
160g (⅔ cup) white sugar
2 egg whites (from 60g eggs)
1 tsp vanilla extract
1 Tbsp lemon zest
2 Tbsp fresh lemon juice
340g (2¼ cups) plain flour
35g (¼ cup) cornflour
½ tsp baking powder
2 Tbsp icing sugar, sifted

Lemon curd

2 Tbsp light margarine
110g (½ cup) white sugar
60ml (¼ cup) fresh lemon juice
1 egg yolk (from 60g egg)
2 tsp lemon zest

1 **To make the lemon curd,** using an electric hand mixer, beat the margarine and sugar in a medium bowl until just combined. Gradually beat in the lemon juice and the egg yolk. Stir in the lemon zest (the mixture may appear curdled at this stage).

2 **Transfer the mixture** to a small saucepan and cook, stirring, over low heat until the mixture is smooth. Increase heat to medium and cook, stirring, for 3 minutes or until the mixture thickens slightly. Transfer to a small bowl. Cover with a piece of plastic wrap and place in the fridge for 1 hour, or until chilled (the curd will thicken as it chills).

3 **Meanwhile,** to make the dough, put the margarine and sugar in a large bowl and, using a clean electric hand mixer, beat on medium speed until combined. Add the egg whites, vanilla, lemon zest and lemon juice (mixture may appear slightly curdled at this stage). In another bowl, combine the flour, cornflour, baking powder and icing sugar. Add the flour mixture to the margarine mixture and beat until just combined. Cover and put in the fridge for 1 hour to chill.

4 **Preheat oven** to 180°C (fan-forced). Line two large baking trays with baking paper. Shape the dough into 2.5cm balls and place 2.5cm apart on the lined trays. Using your thumb, make an indentation in the centre of each ball (this will hold the curd later on). Bake for 12 minutes or until the bottoms are very lightly browned. If the biscuit centres puff up during baking, re-press with the back of a small spoon. Set the biscuits aside on the trays for 5 minutes before transferring to wire racks to cool completely.

5 **Fill the centre** of the biscuits with the lemon curd. Dust with the icing sugar and sprinkle with extra zest, if desired. ■

RECIPES ANDREA KIRKLAND, ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY BLAINE MOATS, GETTY IMAGES **STYLING** JENNIFER PETERSON

Meatball flair

PARMESAN MEATBALLS WITH ROASTED SWEET POTATO

PREP TIME: 20 MINS
COOK TIME: 55 MINS
SERVES 6 (AS A MAIN)

100g fresh breadcrumbs made from sourdough bread
4 Tbsp skim milk
600g lean pork mince
100g parmesan or pecorino, finely grated
60g egg
1 clove garlic, crushed
Small handful sage leaves, finely chopped
Freshly ground black pepper
1kg orange sweet potato, unpeeled, cut into 2-3cm wedges
6 large vine-ripened tomatoes, roughly chopped
2 red onions, sliced
2 Tbsp olive oil
Small basil leaves, to serve (optional)
2 bunches broccolini, trimmed, steamed, to serve

1 Put the breadcrumbs in a large bowl and pour over the milk. Stir until well combined. Add the pork mince, parmesan, egg, garlic and sage. Season well with freshly ground black pepper. Mix until well combined. Roll mixture into walnut-sized balls. Place on a plate, cover and put in the fridge until ready to cook.
2 Preheat oven to 180°C (fan-forced). Line a large roasting pan (or two smaller ones) with baking paper. Scatter the sweet potato, tomatoes and onions in the pan. Drizzle the oil over the vegetables and toss to coat.
3 Roast vegetables for 30 minutes. Remove from the oven and place the meatballs on top of the vegetables. Spray the meatballs with cooking spray. Roast for a further 20-30 minutes or until the meatballs and vegetables are cooked.
4 Scatter over the basil leaves and serve with the steamed broccolini. ■

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 2040kJ, **protein** 39g, **total fat** 17g (sat. fat 6g), **carbs** 40g, **fibre** 11g, **sodium** 415mg • **Carb exchanges** 2 ½ • **GI estimate** low

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GF LC

BAKED EGGS WITH ROASTED VEGETABLES

A great way to get your protein and vegies.

see recipe, page 43 >>

How our food works for you

see page 90

NUTRITION INFO

PER SERVE 1210kJ, **protein** 15g, **total fat** 13g (sat. fat 3g), **carbs** 24g, **fibre** 7g, **sodium** 186mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GFO LC

POTATO, BROCCOLI AND HAM FRITTATA

A healthy meal that's oh-so easy to whip up.

see recipe, page 43 >>

Don't just fry them! There are so many wonderful ways you can serve eggs. Think roasted, baked, in a wrap and beyond

What a CRACK UP!

NUTRITION INFO

PER SERVE 1350kJ, **protein** 30g, **total fat** 15g (sat. fat 5g), **carbs** 13g, **fibre** 5g, **sodium** 366mg

- **Carb exchanges** 1
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

GFO LC

SPANISH EGGS

Add a little zing to breakfast time with this delicious spicy offering.

see recipe, page 44 >>

Health Tip

Eggs once got a bad rap for their high cholesterol, but studies show we aren't affected as much by dietary cholesterol, such as that found in eggs. Research shows saturated fat might actually be the bad guy – think chips and pizza.

NUTRITION INFO

PER SERVE 1150kJ, **protein** 18g, **total fat** 13g (sat. fat 4g), **carbs** 19g, **fibre** 6g, **sodium** 421mg

- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

GFO LC

EGG AND SALAD WRAPS

Handy for lunch at work or a snack at home.

see recipe, page 44 >>

NUTRITION INFO

PER SERVE 1350kJ, **protein** 16g, **total fat** 16g (sat. fat 5g), **carbs** 25g, **fibre** 7g, **sodium** 507mg

- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**
- **Lower carb**

LC

MEDITERRANEAN BREAKFAST SANDWICHES

Add some crunch and flavour to a not-so-standard sanga.

see recipe, page 44 >>

NUTRITION INFO

PER SERVE 1110kJ, **protein** 15g, **total fat** 13g (sat. fat 3g), **carbs** 20g, **fibre** 5g, **sodium** 287mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

POACHED EGGS ON SOFT POLENTA

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A LIGHT MEAL)

250ml (1 cup) water
250ml (1 cup) skim milk
90g (½ cup) polenta
20g (¼ cup) finely grated parmesan
1 tsp dried basil, crushed (optional)
4 x 60g eggs
1 tsp canola oil
1 small red onion, thinly sliced
250g grape or cherry tomatoes, halved
Freshly ground black pepper
Small basil leaves, to serve
¼ cup rocket leaves, to serve

1 **Bring the water** to the boil in a medium saucepan. Combine the milk and polenta in a bowl. Slowly add the polenta mixture to the boiling water, stirring constantly. Cook, stirring, until mixture returns to the boil. Reduce heat to low. Cook for 10-15 minutes, stirring frequently, until mixture is thick and creamy. Stir in the parmesan and dried basil, if using. Transfer to a bowl and cover to keep warm.

2 **Fill a wide deep frying pan** halfway up the side with water. Bring water to the boil. Reduce heat to simmering (bubbles should begin to break the surface of water). Break one of the eggs into a measuring cup. Holding the lip of the cup as close to the water as possible, carefully slide the egg into the water. Repeat with the remaining eggs, allowing each egg an equal amount of space. Simmer eggs for 3-5 minutes, or until the whites are set and yolks begin to thicken but are not hard. Use a slotted spoon to remove the eggs from the water.

3 **Meanwhile, heat oil** in a medium non-stick frying pan over medium heat. Add the onion and cook for 5 minutes, stirring occasionally, or until onion softens. Stir in tomato halves and cook for a further 2 minutes. Sprinkle with pepper.

4 **Serve polenta** with eggs and the tomato mixture. Top with basil leaves and rocket to serve.

HEALTH TIP

To boost the fibre of this recipe add a side of steamed asparagus (serve 5 stalks per person). ➤

With a bit of practice you will be poaching just like the pros

NUTRITION INFO GF LC
PER SERVE 943kJ, **protein** 15g, **total fat** 8g (sat. fat 3g), **carbs** 22g, **fibre** 3g, **sodium** 198mg
• **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GFO LC

BAKED EGGS

Lime juice and herbs give this dish added zing.

see recipe, page 45 >>

Top Tip

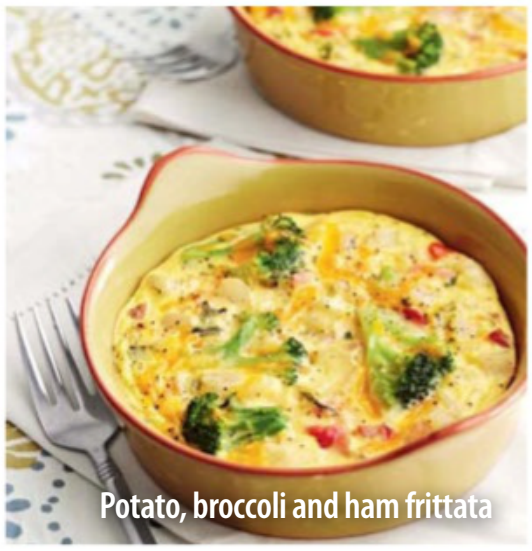
We use large 60g eggs. Check the expiration date to ensure you can use up the carton. Always check that shells are clean and unbroken before buying.

NUTRITION INFO

PER SERVE 1270kJ, **protein** 22g, **total fat** 11g (sat. fat 3g), **carbs** 25g, **fibre** 5g, **sodium** 493mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Baked eggs with roasted vegetables


Potato, broccoli and ham frittata

BAKED EGGS WITH ROASTED VEGETABLES

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 6 (AS A LIGHT MEAL)

3 cups small broccoli florets
375g Spud Lite potatoes, unpeeled, chopped
1 large orange sweet potato, cut into small cubes
1 small red onion, cut into thin wedges
2 Tbsp olive oil
6 x 60g eggs
30g (⅓ cup) shredded parmesan
Freshly ground black pepper

1 **Preheat oven to** 200°C (fan-forced). Spray an 8-cup (2L) rectangular baking dish with cooking spray. Combine the broccoli, potatoes, onion and oil in a large bowl. Toss to coat. Spread vegetables evenly over the prepared baking dish. Roast, stirring the vegetables once, for 15 minutes or until they are tender and starting to brown. Remove from oven and set aside to cool slightly.
2 **Reduce the oven** to 170°C (fan-forced). Spread the vegetables out in a single layer and make six wells (or holes) among them. Crack one egg into each of the holes. Return dish to the oven and bake for 5 minutes. Sprinkle with parmesan and bake for a further 5-10 minutes or until the egg whites are set and yolks start to thicken. Sprinkle with pepper.

POTATO, BROCCOLI AND HAM FRITTATA

PREP TIME: 15 MINS
COOK TIME: 30 MINS
SERVES 2 (AS A LIGHT MEAL)

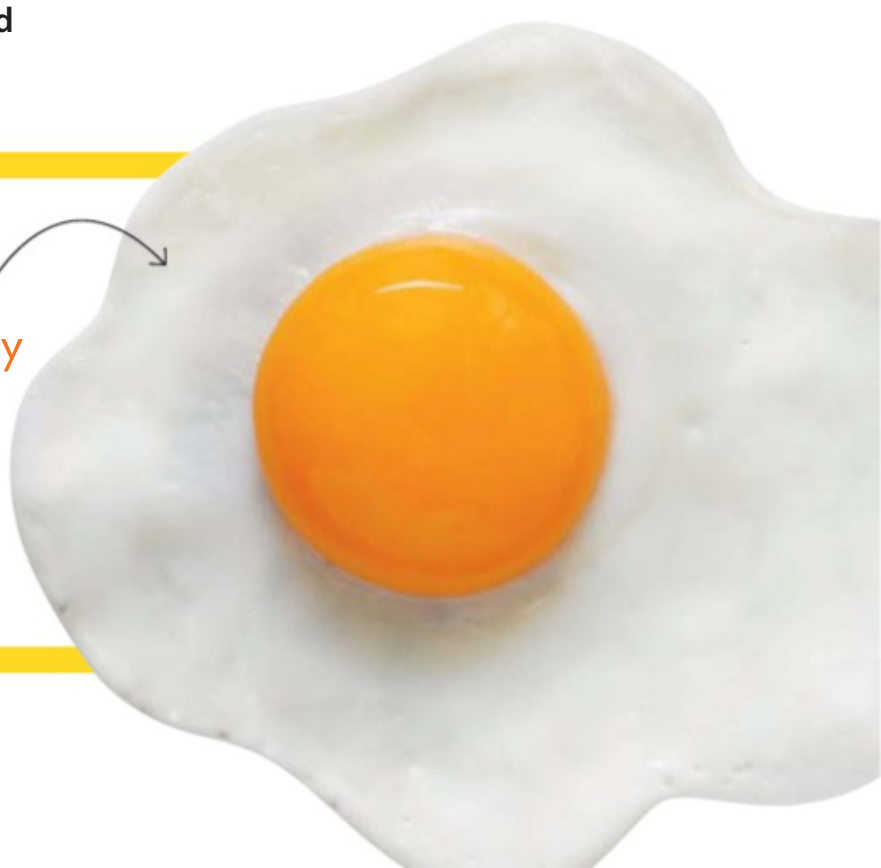
200g Spud Lite potatoes, unpeeled, chopped, cooked, cooled
2 cups broccoli florets
40g salt-reduced ham, finely chopped, or gluten-free ham
2 tsp plain flour or gluten-free flour
2 Tbsp skim milk
4 x 60g eggs
1 Tbsp chopped basil
30g (¼ cup) grated reduced-fat cheese
Freshly ground black pepper

1 **Preheat oven** to 170°C (fan-forced). Spray two small ovenproof dishes with cooking spray. Arrange the potato and broccoli over bases. Top with ham.
2 **Put flour in** a bowl and gradually whisk in the milk. Add the eggs, basil and half the cheese. Season with pepper. Pour the egg mixture over vegetables.
3 **Bake for 25-30 minutes** or until a knife inserted into centre comes out clean. Sprinkle with remaining cheese. Set aside for 5 minutes before serving. ➤

Versatile eggs work well with so many other ingredients

Did you know?

One large egg contains 5 grams of high-quality protein and 11 essential vitamins and minerals. While most of the protein is in the white, don't skimp on the yolk! It contains many nutrients, including lutein for eye health.



SPANISH EGGS

PREP TIME: 20 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 small brown onion, finely chopped
1 small red chilli, deseeded, finely chopped
1 clove garlic, crushed
4 large tomatoes, chopped
1 small zucchini, halved lengthways, thinly sliced
1 tsp ground coriander
4 x 60g eggs
60g reduced-fat feta, crumbled
Chopped coriander, to serve
4 slices wholemeal bread or gluten-free bread, toasted, to serve

1 **Heat the oil** in a medium non-stick frying pan over medium heat. Add the onion, chilli and garlic. Cook, stirring occasionally, for 5 minutes. Add the tomato, zucchini and coriander. Cook, stirring occasionally, for 5 minutes or until chopped tomatoes release their liquid and zucchini is tender.
2 **Break one egg** into a cup and slip it into the tomato mixture. Repeat with the remaining three eggs, giving each egg an equal amount of space in the tomato mixture. Simmer, covered, for 3-5 minutes or until the whites are completely set and the yolks begin to thicken but are not hard. Remove pan from the heat.
3 **Sprinkle the eggs** with feta and coriander. Serve with toast.

Spanish eggs

EGG AND SALAD WRAPS

PREP TIME: 20 MINS
SERVES 2 (AS A LIGHT MEAL)

2 hard-boiled eggs, peeled
¼ avocado
½ green capsicum, finely chopped
1 green shallot, thinly sliced
2 Tbsp 97% fat-free Caesar-style dressing or gluten-free dressing
1 Tbsp fresh lime juice
Pinch smoked paprika
2 Helga's Lower Carb Wholemeal Wraps or gluten-free wraps
2 cos lettuce leaves

1 **Use a fork to coarsely** mash the eggs and avocado in a medium bowl. Add the capsicum, shallot, dressing, lime juice and paprika. Mix until well combined.
2 **Place the wraps** on a clean surface. Top with the lettuce leaves. Spoon the egg mixture onto the bottom third of each wrap. Fold in the side of the wraps and roll up. Cut in half just before serving.

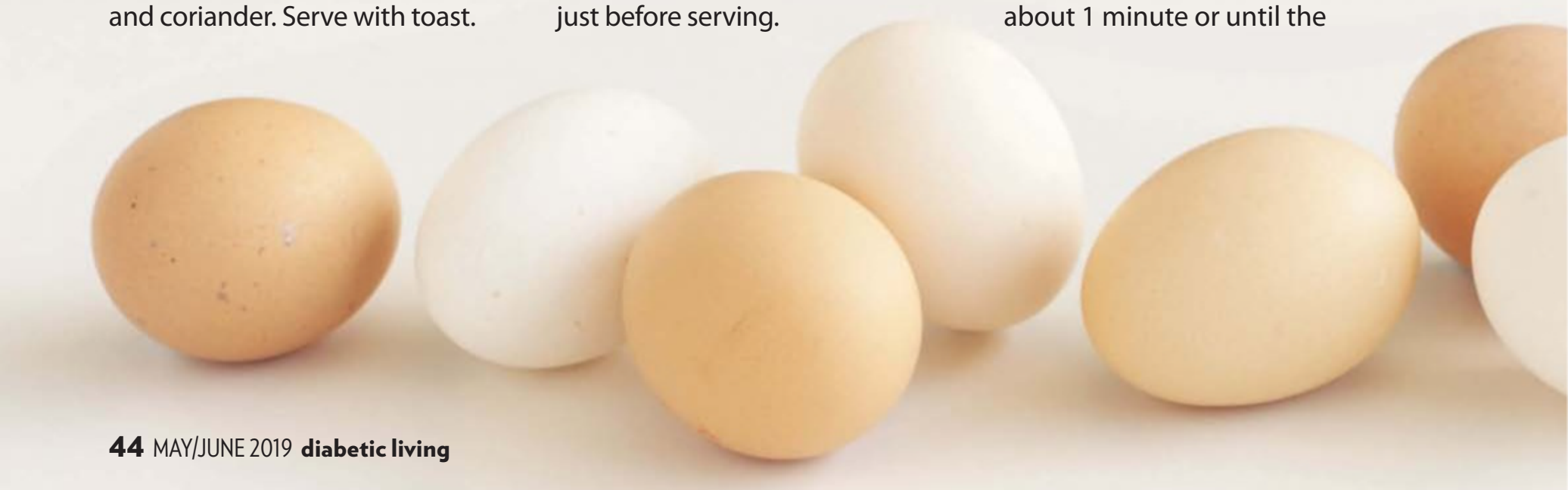
Egg and salad wraps

MEDITERRANEAN BREAKFAST SANDWICHES

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A BREAKFAST)

4 multigrain sandwich thins
4 tsp olive oil
1 Tbsp chopped rosemary
4 x 60g eggs
2 cups baby spinach leaves
2 tomatoes, cut into 8 thin slices
30g reduced-fat feta, crumbled
Freshly ground black pepper

1 **Preheat oven** to 190°C (fan-forced). Line a baking tray with baking paper. Split the sandwich thins in half. Brush the cut sides with 1 tsp of the oil. Bake in oven for 5 minutes or until the edges are golden and crisp.
2 **Heat the remaining oil** and rosemary in a large non-stick frying pan over medium-high heat. Break the eggs, one at a time, into the pan. Cook for about 1 minute or until the



Mediterranean breakfast sandwiches

Baked eggs

whites are set but yolks are still runny. Break yolks with a spatula. Flip the eggs over and cook on the other side until cooked. Remove the pan from the heat.

3 Place the bottom halves of the toasted sandwich thins on four plates. Divide spinach among bottoms of sandwich thins. Top each with two of the tomato slices, an egg and a little of the feta. Sprinkle with pepper. Top with the remaining sandwich thin halves and serve.

BAKED EGGS

PREP TIME: 20 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A BREAKFAST OR LIGHT MEAL)

1 egg tomato, finely chopped
1 green shallot, finely chopped
1 Tbsp chopped coriander
1 tsp finely chopped green chilli
1 tsp fresh lime juice
Freshly ground black pepper
4 egg whites (from 60g eggs)
4 x 60g eggs
4 Tbsp skim milk
2 Tbsp finely shredded reduced-fat cheese
2 slices multigrain toast or gluten-free bread, per person, to serve

1 Preheat oven to 150°C (fan-forced). Spray 4 x 250ml (1 cup) ovenproof ramekins with cooking spray.

2 Combine the tomato, shallot, coriander, chilli and lime juice in a small bowl. Season with pepper. Toss to combine.

3 Place one egg white in each ramekin. Top each with a whole egg, positioning the yolk in the centre of the ramekin. Add 1 Tbsp milk to each ramekin. Top with black pepper and then sprinkle with cheese. Place the ramekins on a baking tray. Bake eggs for 16-18 minutes or until the eggs are set around the edges but still soft in the middle.

4 Top the baked eggs with the tomato mixture and serve with bread or toast.

HOW TO MAKE A PERFECT **HARD-BOILED EGG**

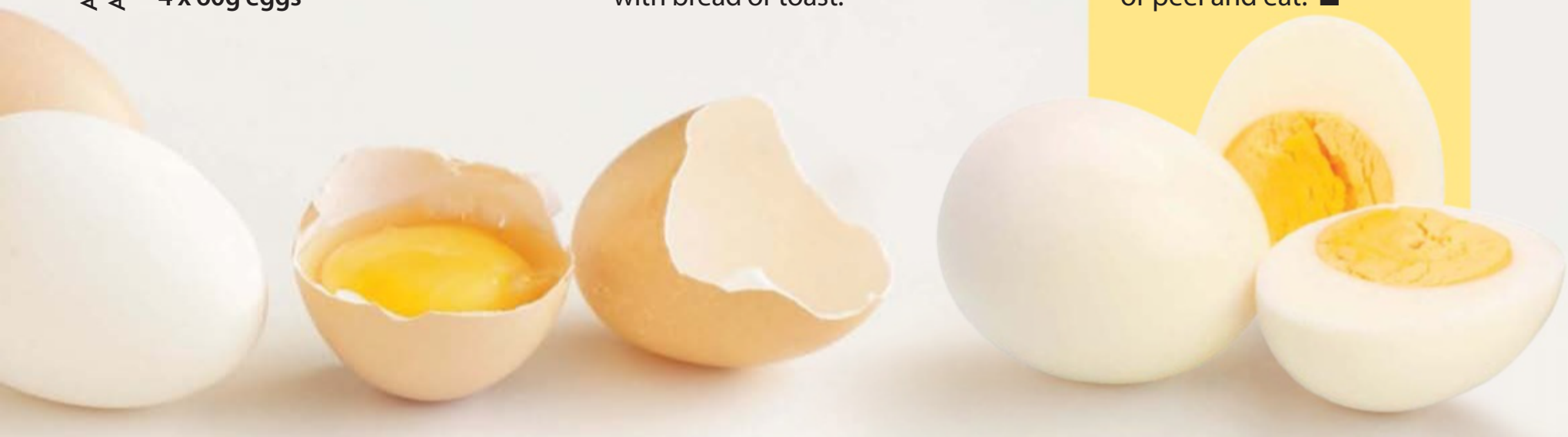
Cook a big batch of eggs on the weekend for an excellent quick snack, egg salad sandwich, or salad topper during the week.

1 Bring a small saucepan of water to a gentle simmer over medium-high heat. Carefully add 6 room-temperature eggs and return to a gentle simmer over medium heat, stirring often to allow the yolk to stay in the centre of the egg.

2 Simmer for 4 minutes for a soft boiled (runny) egg or 5-6 minutes for a hard-boiled egg.

3 Remove eggs with a slotted spoon and set aside to cool. Once cool, store in the fridge or peel and eat. ■

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
ADDITIONAL PHOTOGRAPHY GETTY IMAGES



5 ENERGY-BOOSTING snacks

When you're hungry and tempted to reach for a sweet, sugary treat, whip up these healthier quick bites to have on hand instead

1 ENERGY BITES

PREP TIME: 10 MINS (+ CHILLING)
MAKES 16 (1 PER SERVE: AS A SNACK)

Put 100g **pecans** in a small food processor and process to crumbs. Add 75g **raisins**, 2 Tbsp no-added-salt-and-sugar **peanut butter**, 1 Tbsp **flaxseed meal**, 1 Tbsp Dutch-processed **cocoa** and 1 Tbsp **agave syrup**. Pulse to combine. Shape mix into 16 small balls and roll in 50g **desiccated coconut**. Place in the fridge for at least 20 minutes to chill.

NUTRITION INFO GF LC
PER SERVE 451kJ, **protein** 2g, **total fat** 9g (sat. fat 2g), **carbs** 5g, **fibre** 2g, **sodium** 3mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

2 SUPER-SMOOTHIE

PREP TIME: 10 MINS
SERVES 2 (AS A SNACK)

Pour 125ml (½ cup) **grape juice** into a blender. Add ½ **banana**, 75g **mango chunks**, 100g **pineapple chunks**, the juice and seeds of 1 **passionfruit**, and juice of ½ **lime**. Blend until smooth, pour into glasses and drink straight away.

NUTRITION INFO GF
PER SERVE 475kJ, **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 23g, **fibre** 4g, **sodium** 12mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

3 TURKEY AND AVOCADO TOAST

PREP TIME: 10 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SNACK)

Scrape the flesh of ½ an **avocado** into a bowl. Squeeze in juice of ½ a **lime**, season with **pepper**, then mash roughly with a fork. Toast two 25g small slices **sourdough bread**. Cut in half and spread with mashed avocado. Top each piece with 20g **turkey slices** and finish with freshly ground **black pepper**.

NUTRITION INFO

PER SERVE 459kJ, **protein** 5g, **total fat** 6g (sat. fat 2g), **carbs** 7g, **fibre** 1g, **sodium** 235mg • **Carb exchanges** ½ • **GI estimate** low

4 TUNA, CHERRY TOMATO AND BEAN SALAD

PREP TIME: 10 MINS
SERVES 2 (AS A SNACK)

Drain and rinse a 400g can **cannellini beans**. Mix half the can (save the remainder for another use) with 10 halved **cherry tomatoes**, 95g can **tuna** (in springwater), drained and flaked, and a good pinch dried **oregano**. Finish with a drizzle extra virgin **olive oil**, 2 tsp **red wine vinegar** and some freshly ground **black pepper.**

NUTRITION INFO

GF LC

PER SERVE 698kJ, **protein** 15g, **total fat** 6g (sat. fat 1g), **carbs** 9g, **fibre** 5g, **sodium** 380mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

5 EASY HUMMUS WITH PITA AND DIPPERS

PREP TIME: 10 MINS
COOK TIME: 5 MINS
SERVES 8 (AS A SNACK)

Drain a 400g can no-added-salt **chickpeas** and tip into a small food processor with 2 crushed cloves **garlic**, 50g **tahini paste**, 1 tsp ground **cumin**, 6 Tbsp **water**, juice 1 **lemon** and some freshly ground **black pepper**. Process until smooth. Serve with 4 small (28g each) wholemeal toasted **pita bread**, cut into strips, and 350g **vegetable sticks** (such as carrot, celery and cucumber). ■

NUTRITION INFO

PER SERVE 534kJ, **protein** 5g, **total fat** 5g (sat. fat 1g), **carbs** 13g, **fibre** 5g, **sodium** 103mg • **Carb exchanges** 1 • **GI estimate** medium

How our food works for you
see page 90

TURKEY AND AVOCADO TOAST
see recipe, above >>

hip to be SQUARE

Sneak yoghurt, apple puree and yes, beans (!), into your next batch of brownies

CARAMEL CASHEW BLONDIES
Indulgent toppings really up the wow factor here.
see recipe, page 52 >>

NUTRITION INFO
PER SERVE 599kJ, **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 19g, **fibre** 1g, **sodium** 49mg • **Carb exchanges** 1½ • **GI estimate** medium

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 564kJ, **protein** 5g, **total fat** 4g (sat. fat 2g), **carbs** 19g, **fibre** 1g, **sodium** 96mg
- **Carb exchanges** 1½
- **GI estimate** medium

RASPBERRY CHEESECAKE SWIRL BROWNIES
Two great tastes become one sensational treat.
see recipe, page 52 >>

LAYERED BROWNIES

PREP TIME: 30 MINS
COOK TIME: 30 MINS
SERVES 24 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

80g (½ cup) brown sugar
80g light margarine
140g tub unsweetened apple puree
¼ tsp bicarbonate of soda
3 x 60g eggs, lightly whisked
300g (2 cups) plain flour
140g (1½ cups) quick cooking oats
60g (¼ cup) white sugar or granulated sugar substitute
2 Tbsp canola oil
3 Tbsp Dutch-processed cocoa powder
½ tsp baking powder
50g choc chips
2 Tbsp skim milk
2 Tbsp chopped walnuts
3 Tbsp quick cooking rolled oats, extra

1 Preheat oven to 170°C (fan-forced). Line a 20cm (base measurement) square cake tin with baking paper, letting it overhang the sides.

2 Put the brown sugar, margarine, apple puree and bicarbonate of soda in a medium bowl. Using electric mixers, beat on medium until well combined. Add one of the eggs and beat until well combined. Add 1½ cups of the flour and beat until just combined. Stir in the 1½ cups of oats. Set aside ½ cup of the oat mixture. Spread the remaining oat mixture in the lined tin. Bake for 12 minutes or until just set.

3 Meanwhile, whisk the white sugar, oil and remaining eggs in a bowl. Stir in the cocoa, baking powder and remaining flour. Stir in the choc chips and milk.

4 Pour the mixture over the partially baked base, gently spreading out if necessary. Stir the walnuts and the 3 Tbsp of the oats into the reserved oat mixture (mixture may be a little soft). Crumble over the top of the cocoa mixture. Bake for 13-15 minutes or until the top is puffed and set. Set aside in the tin to cool on a wire rack. Use the baking paper to lift the brownie out of the tin. Cut into 24 pieces. ➤

Cook's Tip

Layer brownies between pieces of baking paper in an airtight container. Keep in the fridge for up to 5 days or freeze for up to 3 months.

NUTRITION INFO

PER SERVE (with sugar) 637kJ, **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 21g, **fibre** 2g, **sodium** 48mg
- **Carb exchanges** 1½
- **GI estimate** high

PER SERVE (with sugar substitute) 601kJ, **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 18g, **fibre** 2g, **sodium** 48mg
- **Carb exchanges** 1
- **GI estimate** high

NUTRITION INFO

PER SERVE (with sugar) 633kJ, **protein** 3g, **total fat** 7g (sat. fat 3g), **carbs** 19g, **fibre** 1g, **sodium** 51mg

- **Carb exchanges** 1½
- **GI estimate** low

PER SERVE (with sugar substitute) 541kJ, **protein** 3g, **total fat** 7g (sat. fat 3g), **carbs** 13g, **fibre** 1g, **sodium** 51mg

- **Carb exchanges** 1
- **GI estimate** low

NUTTY CHOCOLATE AND CARAMEL BROWNIES

And to think they begin with a can of beans!

see recipe, page 53 >>

Caramel cashew blondies

Raspberry cheesecake swirl brownies

Nutty chocolate and caramel brownies

CARAMEL CASHEW BLONDIES

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 20 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

160g (1 cup) brown sugar
125g light margarine
2 x 60g eggs, lightly whisked
2 Tbsp skim milk
1½ tsp vanilla extract
150g (1 cup) plain flour
80g (½ cup) wholemeal plain flour
¾ tsp baking powder
¼ tsp ground cinnamon
Pinch bicarbonate of soda
80g (½ cup) unsalted cashews, chopped
30g dark chocolate, melted (see Cook's Tip)
2 Tbsp caramel topping

Cook's Tip
If you like, place the melted chocolate in a resealable plastic bag. Snip a small hole in one corner of the bag. Squeeze bag to drizzle the chocolate over blondies.

1 **Preheat oven** to 170°C (fan-forced). Line a 20cm (base measurement) square cake tin with baking paper, allowing the paper to overhang the sides.
2 **Put sugar** and margarine in a medium saucepan. Cook, stirring, over medium heat until the margarine melts and mixture is well combined. Remove pan from heat and set aside to cool for 5 minutes. Whisk in eggs. Stir in milk and vanilla. Add flours, baking powder, cinnamon and bicarb of soda. Spoon mixture into lined tin and spread out evenly. Sprinkle over cashews.
3 **Bake blondies** for 18-20 minutes or until edges are browned and a skewer inserted in the middle comes out clean. Set aside to cool in tin on a wire rack. Use the baking paper to lift out of the tin. Drizzle with chocolate and caramel topping. Cut into 20 pieces.

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days or freeze up to 3 months.

RASPBERRY CHEESECAKE SWIRL BROWNIES

PREP TIME: 15 MINS
(+ 2 HOURS CHILLING)
COOK TIME: 50 MINS
SERVES 20 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

125g (½ cup) 100% fruit raspberry spread, warmed

Brownie layer

75g (½ cup) plain flour
110g (½ cup) white sugar
50g (½ cup) Dutch-processed cocoa powder
¼ tsp bicarbonate of soda
130g (½ cup) plain fat-free Greek-style natural yoghurt
60g egg
3 Tbsp skim milk
1 tsp vanilla extract

Cheesecake layer

250g light cream cheese, at room temperature
270g (1 cup) plain fat-free Greek-style natural yoghurt
2 x 60g eggs
110g (½ cup) white sugar
1 tsp vanilla extract

1 **Preheat oven** to 170°C (fan-forced). Line a 20cm (base measurement) square cake tin with baking paper, allowing paper to overhang the sides.

2 To make the brownie layer, combine flour, sugar, cocoa powder and bicarbonate of soda in a medium bowl. Whisk the yoghurt, egg, milk and vanilla together in a separate bowl. Add yoghurt mixture into flour mixture and mix until combined. Spread batter into the lined tin.
3 For the cheesecake layer, using electric beaters beat cream cheese, yoghurt, eggs, sugar and vanilla extract until well mixed. Pour mixture evenly over brownie layer.
4 Drop teaspoonfuls of the raspberry spread onto the cheesecake layer. Using a knife or thin metal skewer, swirl the spread into the cheesecake layer.
5 Bake brownies for 30 minutes. Reduce oven to 150°C (fan-forced). Bake for a further 20 minutes or until cheesecake layer is set (the centre should not jiggle). Set aside in the tin on a wire rack to cool. Cover. Place in fridge for at least 2 hours to chill. Cut into 20 pieces.

COOK'S TIP

Keep in an airtight container in the fridge for up to 1 week.

NUTTY CHOCOLATE AND CARAMEL BROWNIES

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 16 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

420g can no-added-salt black beans, rinsed and drained
80g light margarine, melted
95g (½ cup) dark choc bits
2 x 60g eggs, lightly whisked
110g (½ cup) sugar or granulated sugar substitute
30g (¼ cup) Dutch-processed cocoa powder
1 tsp vanilla extract
50g (⅓ cup) plain flour
½ tsp baking powder

NUTRITION INFO

PER SERVE 609kJ, **protein** 2g, **total fat** 6g (sat. fat 1g), **carbs** 21g, **fibre** 1g, **sodium** 49mg
- **Carb exchanges** 1½
- **GI estimate** medium

ESPRESSO CHERRY CHOCOLATE BROWNIES

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 16 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

50g (½ cup) Dutch-processed cocoa powder
50g (⅓ cup) plain flour
55g (⅓ cup) wholemeal plain flour
1½ tsp baking powder
1 tsp instant espresso coffee powder
2 x 60g eggs, lightly whisked
125g (¾ cup) dark brown sugar
110g (½ cup) white sugar
80ml (⅓ cup) canola oil
2 tsp vanilla extract
65g (½ cup) frozen unsweetened pitted dark cherries, thawed, chopped
1 Tbsp icing sugar

1 Preheat oven to 170°C (fan-forced). Line an 18cm (base measurement) square cake tin with baking paper, letting paper overhang sides.
2 Combine the cocoa, flours, baking powder and coffee in a medium bowl. In a separate bowl use electric beaters to whisk eggs, sugars, oil and vanilla until well combined. Add sugar mixture and cherries to flour mixture and mix until just combined. Spread batter into lined tin.
3 Bake brownies for 20-25 minutes or until slightly puffed (the batter will continue to cook while cooling). Set aside in the pan for 5 minutes to cool.
4 Using the edges of the baking paper, lift the uncut brownies out of the tin and set aside to cool on a wire rack. Dust with icing sugar. Cut into 16 brownies.

BLONDE BROWNIES

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 20 (1 PIECE PER SERVE: AS AN OCCASIONAL DESSERT OR SNACK)

2 Tbsp plain flour
110g (½ cup) white sugar or granulated sugar substitute
45g (¼ cup) dark brown sugar
60ml (¼ cup) canola oil
60g egg
1 tsp vanilla extract
150g (1 cup) plain flour
80g (⅓ cup) white choc bits
55g (⅓ cup) unsalted shelled pistachio nuts, coarsely chopped

1 **Preheat oven** to 170°C (fan-forced). Spray an 18cm (base measurement) square cake tin with cooking spray. Add the 2 Tbsp of flour and turn the tin to coat in the flour, discarding any excess flour.
2 **Combine sugars,** oil, egg and vanilla in a medium bowl. Stir in 1 cup of flour until combined. Press evenly into the bottom of the lined tin. Sprinkle with the white choc bits and pistachio nuts, pressing down slightly into the mixture.
3 **Bake brownie** for 18 minutes or until the edges are golden. Set aside in the tin on a wire rack to cool. Once cool cut into 20 pieces.

NUTRITION INFO
PER SERVE 538kJ, **protein** 2g, **total fat** 6g (sat. fat 1g), **carbs** 17g, **fibre** 1g, **sodium** 8mg
- **Carb exchanges** 1
- **GI estimate** medium

2 Tbsp chopped walnuts
2 Tbsp dark choc bits
2 Tbsp caramel topping

1 **Preheat oven** to 170°C (fan-forced). Line an 18cm (base measurement) square cake tin with baking paper, letting it overhang the sides.
2 **Put beans,** margarine and the ½ cup choc bits in a food processor. Cover and process until well combined. Add eggs, sugar, cocoa and vanilla to the processor. Cover and process until mixture is almost smooth. Combine the flour and baking powder in a bowl. Add to the chocolate mixture. Cover and process until just combined.
3 **Spread batter** into lined tin. Bake for 10 minutes. Sprinkle with nuts and 2 Tbsp choc bits. Bake for 12-15 minutes or until a skewer inserted into the brownie (about 5cm in from edge) comes out clean. Set aside to cool in the tin on a wire rack.
4 **Use baking paper** to lift out of the tin. Cut into 16 pieces. Before serving drizzle each piece with a little caramel topping.

COOK'S TIP
Keep in an airtight container in the fridge for up to 1 week. ■

Serve for arvo tea or an evening sweet treat

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

LOOKING FOR LOW GI PRODUCTS?

We've got you covered...

LOWER CARB BREAD GI = 24
LOWER CARB PASTA GI = 22
PROTEIN MUESLI GI = 30/32/35

LOW SUGAR | LOWER CARB | LOW GI | HIGHER PROTEIN | HIGHER FIBRE

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Full research papers available on website.

Available from select retailers, health food stores or order online at Herman DIRECT

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NUTRITION INFO
PER SERVE 1710kJ, **protein** 26g, **total fat** 8g (sat. fat 2g), **carbs** 49g, **fibre** 12g, **sodium** 330mg
- **Carb exchanges** 3
- **GI estimate** low

FRUITY TURKEY TAGINE
The African spice mix and dried fruit really lift this tasty dish.
see recipe, page 61 >>

Feed-a-crowd one pots

Cooking dinner in one pot means less washing up and more time for you!

BRAZILIAN PORK STEW

Here's a hearty meal for cooler weather.

see recipe, page 61 >>

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 2110kJ, **protein** 29g, **total fat** 18g (sat. fat 4g), **carbs** 52g, **fibre** 9g, **sodium** 439mg • **Carb exchanges** 3½ • **GI estimate** low

Know your carb level

Low glycemic index (GI) meals break down slowly in the body and release glucose into the bloodstream at a slower and steadier pace. However, it is still important to check the total carbohydrate in each meal and modify accordingly to meet your individual carbohydrate requirements. An Accredited Practising Dietitian (APD) can help you determine how much carbohydrate you should be aiming to consume at each main meal and mid-meal to best manage your blood glucose levels.

MOROCCAN CHICKEN & CHICKPEA CASSEROLE
Another African tempter, this time with spicy harissa paste.
see recipe, page 62 >>

NUTRITION INFO
PER SERVE 2250kJ, **protein** 47g, **total fat** 14g (sat. fat 3g), **carbs** 50g, **fibre** 8g, **sodium** 434mg
- **Carb exchanges** 3½
- **GI estimate** low

GF LC

CHUNKY BEEF CHILLI

The cheaper cut of beef makes this dish a winner for the budget conscious.

see recipe, page 63 >>

Enjoy meltingly tender beef chilli

NUTRITION INFO

PER SERVE 1760kJ, protein 39g, **total fat** 20g (sat. fat 6g), **carbs** 17g, **fibre** 8g, **sodium** 112mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

Health Tip
If you are unable to find no-added-salt canned legumes, remember to rinse them well under running water to reduce the sodium content by up to 50%.

CAJUN CHICKEN STEW

PREP TIME: 15 MINS
COOK TIME: 35 MINS
SERVES 4 (AS A MAIN)

3 tsp olive oil
100g Weight Watchers bacon, chopped
1 brown onion, sliced
1 green capsicum, sliced
1 long green chilli, seeds removed, sliced
4 skinless chicken breasts, trimmed of fat, cut into bite-sized pieces
3 Tbsp plain or gluten-free flour
1 Tbsp Cajun spice mix
3 cloves garlic, crushed
375ml (1½ cups) water
125ml (½ cup) salt-reduced or gluten-free chicken stock
175g okra, trimmed, sliced or 2 zucchini, sliced
500ml (2 cups) passata
2 green shallots, sliced
100g (½ cup) SunRice Doongara Low GI White Rice, cooked following packet directions, to serve
400g canned no-added-salt black beans, rinsed and drained, warmed, to serve

1 **Heat oil** in a large saucepan over medium heat. Add the bacon and onion. Cook, stirring occasionally, for 5 minutes or until bacon is slightly crisp and onion is soft. Add capsicum, chilli, chicken and flour. Cook, stirring often, for 5 minutes or until chicken is golden brown and the flour is light golden.
2 **Add spice mix** and garlic to the pan. Stir. Slowly pour in combined water and stock. Add okra or zucchini and passata. Simmer, uncovered, stirring often, for 20 minutes over medium heat.
3 **Sprinkle over** green shallots. Toss the rice with the black beans and serve with the chicken.

NUTRITION INFO GFO
PER SERVE 2040kJ, **protein** 51g, **total fat** 9g (sat. fat 3g), **carbs** 46g, **fibre** 9g, **sodium** 790mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

Fruity turkey tagine

FRUITY TURKEY TAGINE

PREP TIME: 20 MINS
COOK TIME: 55 MINS
SERVES 6 (AS A MAIN)

1 Tbsp olive oil
1 red onion, thickly sliced
3 carrots, thickly sliced diagonally
3 parsnips, thickly sliced diagonally
2 cloves garlic, crushed
2 tsp Moroccan spice blend
250ml (1 cup) salt-reduced chicken stock
400ml water
400g can no-added-salt chopped tomatoes
420g can no-added-salt chickpeas, rinsed and drained
140g mixed dried apricots and prunes, roughly chopped
150g (¾ cup) couscous
200ml boiling water
300g skinless cooked turkey, cut into chunks (see Cook's Tip)
1 Tbsp honey
1 small bunch coriander, roughly chopped
1 Tbsp flaked almonds
130g (½ cup) low-fat Greek-style natural yoghurt, to serve

1 **Heat the oil** in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until onion start to soften. Add the carrots and parsnips.

Brazilian pork stew

Cook for a further 8 minutes or until the vegetables start to soften and brown a little. Stir in the garlic and ras el hanout and cook for a further 30 seconds.
2 **Put the stock,** water, tomatoes, chickpeas and dried fruit into the pan. Bring to a simmer and then reduce heat to medium-low. Cook, covered, for 25-30 minutes until the vegetables are tender.
3 **Meanwhile,** put the couscous in a small heatproof bowl. Pour over the boiling water. Cover with a plate and set aside for 3-4 minutes or until the liquid is absorbed. Use a fork to fluff the couscous. Cover and set aside.
4 **Add the turkey** to the pan and simmer for 5 minutes or until warmed through. Stir in the honey. Scatter over the coriander and almonds. Serve with the couscous and yoghurt.

COOK'S TIP

Turkey isn't just for Christmas! It's low in fat and turkey breast steaks are really good value, too. To cook the turkey breast, simply heat a little oil in a non-stick frying pan over medium-high heat. Add the turkey and reduce heat to medium. Cook for 2-3 minutes each side, or until cooked through. Cool and then chop.

BRAZILIAN PORK STEW

PREP TIME: 25 MINS
COOK TIME: 2 HOURS 15 MINS
SERVES 10 (AS A MAIN)

2 Tbsp sunflower oil
900g pork shoulder, trimmed of fat, cut into 4cm pieces
2 brown onions, finely chopped
2 sticks celery, finely chopped
3 bay leaves
1 Tbsp oregano leaves or 2 tsp dried oregano, plus extra, to serve
1 Tbsp ground cumin
1 Tbsp ground coriander
1 Tbsp ground allspice
1 salt-reduced stock cube
2 x 400g cans no-added-salt chopped tomatoes
1 Tbsp cocoa powder
2 Tbsp dark brown or muscovado sugar
3 Tbsp red wine vinegar
Zest and juice of 2 oranges
2 red chillies, halved lengthways, seeds removed (if you like)
½ bunch green shallots, finely sliced
400g orange sweet potato, cut into 3-4cm chunks
2 red capsicums, cut into chunks
2 x 400g cans no-added-salt black beans, rinsed and drained

Dumplings

100g light margarine
200g (1⅓ cups) self-raising flour
140g (¾ cup) polenta, plus extra for dusting
½ tsp bicarbonate of soda
125g can corn kernels, drained
80ml (⅓ cup) buttermilk
60g egg, lightly whisked

1 **Heat about 1 tsp** of the oil in a very large heavy-based saucepan or casserole dish. Add about one-quarter of the pork. Cook for 2-3 minutes or until the pork is light golden brown. Transfer to a bowl. Repeat with another ➤

3 tsp of remaining oil and pork in another 3 batches.

2 Heat the remaining oil in the pan over medium heat. Add the onions, celery, bay leaves and oregano to the pan. Cook, stirring occasionally, for 6-7 minutes or until the onion softens. Add the cumin, coriander and allspice. Cook, stirring, for 1 minute. Return the pork to the dish with the stock cube, tomatoes, cocoa, sugar and 1 Tbsp of the vinegar. Add the zest and juice of 1 orange and 3 chilli halves. Bring to a simmer over medium heat. Cover and reduce heat to medium-low and cook, covered, for 1 hour.

3 Meanwhile, finely chop the reserved chilli half and mix with the shallots and remaining red wine vinegar and the zest and juice from the last orange. Cover and put in the fridge.

4 Add the sweet potato and capsicum to the pan. Cover and simmer for a further 30 minutes.

5 Meanwhile (when the stew has about 15 minutes to go), to make the dumplings, in a bowl rub the margarine into the flour until it resembles fine crumbs, then stir in the polenta, bicarb and corn. Finally, mix in the buttermilk and all but 1 Tbsp of the egg to make a soft dough. Roll the mixture into 12 soft dumplings, then roll in a little more polenta to coat the tops. Brush the tops with the reserved beaten egg.

6 Preheat oven to 180°C (fan-forced). Stir the beans into the stew. Place 6 of the dumplings on top of the stew and the rest on a baking tray lined with baking paper. Place the stew (without the lid) and the dumplings on the tray in the oven and cook for 25 minutes or until the dumplings are golden and risen.

7 Carry the stew straight to the table and sprinkle over a little more oregano before spooning into bowls. Serve the stew with the extra dumplings alongside, for those who fancy another one, and the shallot relish.

COOK'S TIP

To make your own buttermilk, simply combine ⅓ cup milk with 1 tsp fresh lemon juice. Stir and use immediately.

Moroccan chicken & chickpea casserole

MOROCCAN CHICKEN & CHICKPEA CASSEROLE

PREP TIME: 15 MINS (+ MARINATING)
COOK TIME: 1 HOUR 15 MINS
SERVES 4 (AS A MAIN)

800g skinless and boneless chicken thigh fillets, trimmed of fat, cut into large chunks
1 Tbsp harissa paste
2 tsp olive oil
1 large brown onion, finely sliced
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground turmeric
250ml (1 cup) salt-reduced chicken stock
250ml (1 cup) water
400g can no-added-salt chopped tomatoes
100g raisins
420g can no-added-salt chickpeas, rinsed and drained
100g couscous
125ml (½ cup) boiling water
Small mint leaves, to serve

1 Mix the chicken thighs with the harissa paste in a large bowl. Cover and put in the fridge to marinate.

2 Heat the oil in a large heavy based saucepan over medium-high heat. Add the chicken and cook for 2-3 minutes, turning occasionally, until browned. Remove from the pan and set aside.

3 Add the onion to the pan and cook over medium heat, stirring occasionally, for 6-7 minutes or until the onion starts to soften. Add the cinnamon, cumin and turmeric. Cook, stirring, for 1 minute. Return the chicken to the pan with the stock, water, tomatoes and raisins. Bring to the oil over high heat. Reduce heat to low and simmer, covered, for 45 minutes.

4 Add the chickpeas to the pan and simmer, uncovered, for 15 minutes until the sauce reduces slightly and thickens.

5 Meanwhile, put the couscous in a small heatproof bowl. Pour over the boiling water. Cover with a plate and set aside for 3-4 minutes or until the liquid is absorbed. Use a fork to fluff the couscous. Cover and set aside.

6 Serve the Moroccan chicken & chickpea casserole with the couscous and a handful of mint leaves on top.

Health Tip

Chickpeas are a great source of plant protein and contain all the essential amino acids the body is unable to make. They are also low GI and full of fibre.

Chunky beef chilli

CHUNKY BEEF CHILLI

PREP TIME: 30 MINS (+ SOAKING AND 4 HOURS MARINATING)
COOK TIME: 2 HOURS 30 MINS
SERVES 8 (AS A MAIN)

50g dried chillies, soaked in boiling water for 1-2 hours
4 cloves garlic, roughly chopped
2 Tbsp red wine vinegar
1 Tbsp ground cumin
1 Tbsp dried oregano
3 Tbsp olive oil
1.5kg chuck steak, trimmed of excess fat, chopped
2 large red onions, chopped
2 x 400g cans no-added-salt chopped tomatoes
2 sticks cinnamon
100ml water
2 red capsicums, roughly chopped
25g dark chocolate, chopped
1 Tbsp brown sugar
400g can no-added-salt red kidney beans, rinsed and drained
Zest and juice of 1 lime
Handful coriander leaves

1 Drain the chillies and discard the seeds and stalks. Roughly chop and put in the small bowl of a food processor with the garlic, red wine vinegar, cumin, oregano and 2 Tbsp of the oil. Cover and process to a paste.

2 Put the meat in a bowl or resealable plastic bag. Pour on the paste and rub all over the meat. Place in the fridge for at least 4 hours, or overnight, to marinate.

3 Preheat oven to 140°C (fan-forced). Heat the remaining oil in a large, flameproof casserole dish (with a lid) over medium heat. Add the onions and cook, stirring occasionally, for 5-6 minutes or until the onions start to soften. Add the meat and all the paste to the dish and cook, turning often, for about 5 minutes or until the meat is browned all over. Pour in the tomatoes and add the cinnamon. Stir everything together, then add the water and bring to the boil. Put on the lid, transfer to the oven and cook for 1 hour 45 minutes.

4 Remove the lid from casserole and stir in capsicums, chocolate, sugar and beans. Return to oven for a further 20 minutes. To serve, stir in lime zest and juice, and scatter over the coriander.

HEALTH TIP

Cooking with chilli, garlic, herbs and spices adds a huge punch of flavour to your meals without the need for salt.

Mix it up

Chilli is often made with minced beef these days, but the traditional version uses chunks of steak, cooked slowly until tender. ■

Rope them in with this cowboy classic

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 663kJ, **protein** 9g, **total fat** 8g (sat. fat 3g), **carbs** 11g, **fibre** 4g, **sodium** 360mg
- **Carb exchanges** ½
- **GI estimate** medium
- **Lower carb**

LC

FETA, BABY KALE AND BEET FATTOUSH SALAD

Fresh and healthy? Your mum is going to love this salad!

see recipe, page 66 >>

NUTRITION INFO
PER SERVE 2460kJ, **protein** 36g, **total fat** 29g (sat. fat 10g), **carbs** 42g, **fibre** 10g, **sodium** 171mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

GFO

JERK ROAST CHICKEN

Spice up your Sunday roast for a meal that will tempt everyone's tastebuds.

see recipe, page 66 >>

Mother's Day LUNCH

Treat Mum to something extra special you whipped up yourself

Feta, baby kale and beet fattoush

Jerk roast chicken

FETA, BABY KALE AND BEET FATTOUSH

PREP TIME: 20 MINS
COOK TIME: 10 MINS
SERVES 6 (AS AN ENTREE)

1 small wholemeal pita bread
1 tsp nigella seeds or toasted sesame seeds
80g small kale leaves, inner stem removed, torn into small pieces
400g pre-cooked baby beets, chopped
4 green shallots, sliced
1 small bunch dill, leaves picked, roughly chopped
150g low-fat feta, crumbled

Dressing

Juice of 1 lemon
1 Tbsp fresh orange juice
1 Tbsp extra virgin olive oil
2 tsp honey
1 tsp nigella seeds
½ tsp ground sumac
Pinch ground cinnamon

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Spray pita bread on both sides with cooking spray and sprinkle with nigella seeds. Bake for 10 minutes, turning once, until bread is golden and crisp. Set aside to cool.
2 To make dressing, whisk all ingredients in a small bowl.
3 Arrange kale, beets, green shallot, dill and feta on a large serving platter. Break pita into pieces and scatter over salad. Drizzle over dressing and toss gently to combine. Serve.

JERK ROAST CHICKEN

PREP TIME: 30 MINS
(+ 2 HOURS MARINATING)
COOK TIME: 1 HOUR 40 MINS
SERVES 6 (AS A MAIN)

1.5kg whole free-range chicken, excess fat removed
2 red onions, halved, cut into wedges, leaving the root intact
2 red capsicums, deseeded, chopped into chunks
350g orange sweet potato, peeled, cut into chunks
½ x 400g can no-added-salt black beans, rinsed and drained
1 tsp cornflour or gluten-free cornflour
400ml can Carnation Light & Creamy Evaporated Milk
1 tsp coconut essence (optional)
100g (½ cup) SunRice Doongara Low GI White Rice, cooked following packet directions, to serve

Jerk paste

1 red onion, chopped into large chunks
5 cloves garlic, peeled
1 small red chilli, seeds left intact
3 long green chillies, deseeded
1 bunch coriander, stalks roughly chopped, and leaves reserved, to serve
1 large bunch thyme, leaves picked
Zest and juice 2 limes (save the juiced halves for the chicken)
3 tsp honey
1 Tbsp olive oil, plus 1 tsp extra oil
Pinch ground nutmeg
1 tsp ground allspice

1 To make jerk paste, put all ingredients in a small food processor and blend to a fine puree, adding a splash of water if needed. Tie chicken legs together if you like, and put in a large ovenproof and stoveproof roasting pan. Pour over jerk paste and rub all over outside and inside of chicken. Stuff cavity with juiced lime halves and cover tray with foil. Place in fridge for a minimum of 2 hours, or up to 48 hours, to allow flavours to develop.
2 Preheat oven to 180°C (fan-forced). Place chicken in oven. Roast for 45 minutes. Remove chicken from oven and remove foil. Carefully lift chicken onto a plate, pouring any juices from cavity back into tin. Add onion, capsicum and sweet potato to pan. Toss to coat in any jerk paste. Place chicken on top of vegies and drizzle with extra 1 tsp olive oil. Reduce oven to 160°C (fan-forced). Return to middle shelf ➤

A sweet treat served with love is what Mother's Day is all about

COCONUT PANCAKES WITH RASPBERRY SAUCE

This berry-licious dessert is absolutely delightful.

see recipe, page 68 >>

NUTRITION INFO

PER SERVE 802kJ, **protein** 6g, **total fat** 8g (sat. fat 5g), **carbs** 22g, **fibre** 3g, **sodium** 42mg • **Carb exchanges** 1½ • **GI estimate** high

of oven and roast for a further 45 minutes or until vegies are soft and chicken is cooked through. Remove chicken from pan, place on a plate and cover loosely with foil. Set aside to rest.

3 Place pan over a medium heat. Stir in beans and combined cornflour, milk and coconut essence (if using), scraping the pan to lift off any tasty bits. Simmer until sauce thickens slightly. If sauce looks oily, skim fat off surface. Return chicken to pan and scatter over coriander leaves before serving with the rice.

COCONUT PANCAKES WITH RASPBERRY SAUCE

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

Raspberry sauce

200g raspberries
2 tsp cornflour
1 Tbsp water, plus 300ml
2 tsp sugar-free maple syrup

Coconut pancakes

150g (1 cup) plain flour
2 x 60g eggs
300ml light coconut milk
200ml water

Coconut pancakes with raspberry sauce

2 Tbsp desiccated coconut, toasted
1 tsp sunflower oil

1 Set aside 6 raspberries. Combine cornflour and 1 Tbsp water in a small bowl. Place 300ml water in a saucepan and stir in cornflour paste. Heat, stirring, over medium heat until sauce thickens. Add remaining raspberries and cook gently, mashing berries to a pulp. Strain through a sieve into a bowl to remove seeds, pushing through as much mixture as you can. Quarter reserved raspberries and add to sauce along with maple syrup.

2 To make crepes, tip flour into a large jug, then beat in eggs, coconut milk, water and 1 Tbsp toasted coconut to make a batter the consistency of double cream. Thin with a little more water if it is too thick. Brush a small non-stick frying pan with a little oil. Pour in a little batter, swirling pan so it completely covers the base. Leave to set over heat for 1 minute. Carefully flip it over and cook the other side for a few seconds more. Transfer to a plate and repeat with remaining batter until you have at least 12. Stir batter to redistribute the coconut as you use it.

3 Serve 2 crepes per person with a drizzle of the sauce and a little of the remaining toasted desiccated coconut.

Thanks for being the best mum in the world!

FULL MENU NUTRITION INFO
PER SERVE 3920kJ, **protein** 51g, **total fat** 44g (sat. fat 18g), **carbs** 75g, **fibre** 17g, **sodium** 573mg
- **Carb exchanges** 5
- **GI estimate** low

Treat mum like a queen

- **Indulge Mum with a foot massage.** Pull out the lotion and give her feet some TLC, and keep them hydrated! While you're at it, paint her toenails for an at-home pedicure. Or, treat her to a voucher to have one at the podiatrist.
- **Buy her a personalised tracking journal.** Make managing her diabetes easier with a tracking journal that reflects her personality. Even better, get it personalised with her initials, or a lovely message from her favourites (aka YOU!).
- **Do a movie marathon with all her favourites!** Whether it's pulling out *Dirty Dancing* or *Mamma Mia*, spend the day watching her faves, while enjoying some snacks (page 46) or brownies (page 48) you whipped up with love beforehand.
- **Write her a letter.** Sometimes we forget to say thank you (even for the little things), but this is your chance to write a heartfelt letter expressing your appreciation for everything your mum does for you, each and every day! ■

WORDS ELLIE GRIFFITHS **RECIPES & PHOTOGRAPHY** IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Big-batch cereals

Get ready for the day ahead with these homemade cereals – using natural, whole ingredients and nothing else

THREE-GRAIN PORRIDGE

Get up on the right side of the bed with this yummy, fibre-filled breakfast.

see recipe, page 71 >>

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 925kJ, **protein** 7g, **total fat** 2g (sat. fat 0g), **carbs** 38g, **fibre** 8g, **sodium** 16mg • **Carb exchanges** 2½ • **GI estimate** low

PER SERVE (using quinoa & rice flakes) 960kJ, **protein** 7g, **total fat** 3g (sat. fat 0g), **carbs** 40g, **fibre** 6g, **sodium** 13mg • **Carb exchanges** 2½ • **GI estimate** medium

Health Tip

The spelt and barley flakes can be replaced by quinoa and rice flakes, but take note that this will reduce the fibre content slightly so you may wish to add a sprinkle of LSA or psyllium when serving.

NUTRITION INFO

PER SERVE (granola only) 1370kJ, **protein** 10g, **total fat** 16g (sat. fat 2g), **carbs** 32g, **fibre** 8g, **sodium** 14mg
- **Carb exchanges** 2
- **GI estimate** low

PER SERVE (with milk) 1640kJ, **protein** 17g, **total fat** 16g (sat. fat 3g), **carbs** 41g, **fibre** 8g, **sodium** 110mg
- **Carb exchanges** 2½
- **GI estimate** low

PER SERVE (with yoghurt) 1830kJ, **protein** 23g, **total fat** 16g (sat. fat 3g), **carbs** 43g, **fibre** 8g, **sodium** 178mg
- **Carb exchanges** 3
- **GI estimate** low

NUTTY CINNAMON AND APPLE GRANOLA

It's the classic!

see recipe, opposite >>

THREE-GRAIN PORRIDGE

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 18 (AS A BREAKFAST)

300g rolled oats
300g spelt flakes or quinoa flakes
300g barley flakes or rice flakes
300ml skim milk or water, per serve
1 tsp agave nectar and 100g sliced strawberries, per serve

1 **Working in batches,** toast the rolled oats, spelt and barley flakes in a large non-stick frying pan over medium heat for 5 minutes or until golden. Set aside to cool. Transfer to a large airtight container.
2 **Combine** 50g oat mixture with milk or water in a small saucepan. Cook, stirring occasionally, over medium heat, for 5 minutes or until oats soften. Drizzle over nectar and top with strawberries to serve.

NUTTY CINNAMON AND APPLE GRANOLA

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 12 (AS A BREAKFAST)

400g rolled oats
250g mixed unsalted nuts, roughly chopped
150g dried apple, roughly chopped
2 tsp ground cinnamon
100ml rice bran oil or sunflower oil
100ml sugar-free maple syrup
185ml (¾ cup) skim milk or 200g low-fat yoghurt, per serve

1 **Preheat oven** to 160°C (fan-forced). Line two large baking trays with baking paper. Mix oats, nuts, apple, cinnamon and oil in a large bowl. Spread mixture over lined trays. Drizzle over the maple syrup.
2 **Bake for 20 minutes,** stirring the granola halfway through so that it cooks evenly. Set aside to cool. Serve with milk or yoghurt.

CRANBERRY AND ALMOND CLUSTERS

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES: 10 (AS A BREAKFAST)

50ml honey
200g flaked almonds
225g puffed brown rice
200g dried cranberries
130g (½ cup) diet yoghurt, per serve

1 **Heat the honey** in a large non-stick frying pan over medium heat until it loosens and starts to bubble. Stir in the flaked almonds. Cook, stirring, for 2-3 minutes until the almonds toast and turn a light golden brown.
2 **Tip almonds onto** a tray lined with baking paper. Set aside to cool. Break into clusters. Stir in the puffed rice and cranberries. To serve, dollop yoghurt into glass jars and top with clusters. ■

Health Tip
To increase fibre, sprinkle over 1 Tbsp LSA mix when serving.

NUTRITION INFO GF
PER SERVE (clusters only) 1170kJ, **protein** 6g, **total fat** 12g (sat. fat 1g), **carbs** 36g, **fibre** 3g, **sodium** 3mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten free**

GF
PER SERVE (with yoghurt) 1410kJ, **protein** 11g, **total fat** 12g (sat. fat 1g), **carbs** 43g, **fibre** 4g, **sodium** 69mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITION INFO
PER SERVE 1200kJ, **protein** 29g, **total fat** 11g (sat. fat 2g), **carbs** 14g, **fibre** 5g, **sodium** 266mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

CHICKEN WITH LEMON AND HERBS
Flavour stars in a zingy balsamic rocket salad.
see recipe, page 75 >>

CUT YOUR *carbs*

Try our pick of healthy dishes that will keep you fuller for longer

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 1310kJ, **protein** 13g, **total fat** 15g (sat. fat 5g), **carbs** 27g, **fibre** 5g, **sodium** 241mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO

POLENTA AND MUSHROOM TART

The polenta base makes this tart a healthy option.

see recipe, page 75 >>

GREEK-STYLE FRITTATA

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 6 (AS A LIGHT MEAL)

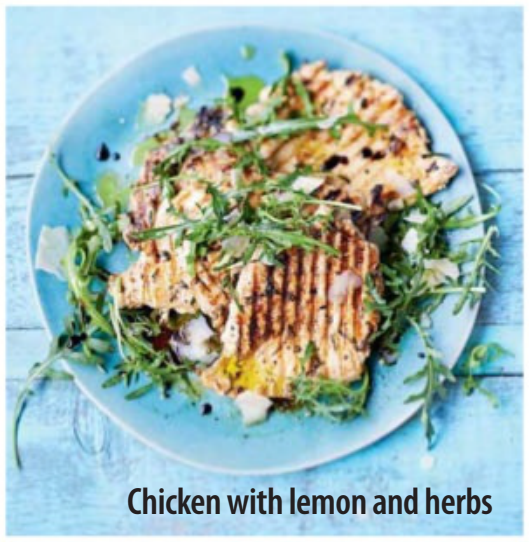
10 x 60g eggs
½ cup flat-leaf parsley leaves, chopped
Freshly ground black pepper
1 Tbsp olive oil
1 large red onion, cut into wedges
3 large tomatoes, chopped into large chunks
40g (¼ cup) pitted black olives, halved
60g reduced-fat feta, crumbled

Salad
3 cups rocket
1 large carrot, peeled into ribbons
1 large cucumber, peeled into ribbons
1 small red capsicum, sliced
Balsamic glaze, to serve

1 **Preheat a grill** on high. Put the eggs and parsley in a large bowl. Season with pepper. Whisk to combine.
2 **Heat the oil** in a large non-stick oven- and flameproof frying pan over medium-high heat. Add the onion and cook for about 4 minutes or until it starts to brown around the edges. Add the tomato and olives and cook, stirring once, for 2-3 minutes or until the tomato starts to soften.
3 **Reduce heat to medium** and pour the eggs over, stirring them as they begin to set until about half cooked, but still runny in places (about 2 minutes). Scatter over the feta. Place the pan under the preheated grill and cook for 5-6 minutes or until the egg is puffed up and golden.
4 **To make the salad,** toss the rocket, carrot, cucumber and capsicum in a bowl. Cut the omelette into wedges and serve with the salad, drizzling with the glaze just before serving.

Eggs are a handy source of protein and vitamins

NUTRITION INFO GF LC
PER SERVE 1060kJ, **protein** 19g, **total fat** 15g (sat. fat 4g), **carbs** 10g, **fibre** 5g, **sodium** 368mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**


Chicken with lemon and herbs

Polenta and mushroom tart

CHICKEN WITH LEMON AND HERBS

PREP TIME: 15 MINS
(+ 2 HOURS MARINATING)
COOK TIME: 5 MINS
SERVES 6 (AS A LIGHT MEAL)

600g skinless chicken breasts, trimmed of fat
2 cloves garlic, crushed
3 sprigs rosemary, leaves finely chopped
6 sage leaves, finely shredded
Zest and juice of 1 lemon
1½ Tbsp olive oil
Freshly ground black pepper
1 Tbsp balsamic vinegar
140g rocket leaves
25g parmesan shavings
Lemon wedges, to serve
6 small (40g each) soy & linseed rolls or gluten-free rolls, to serve

1 **Place each piece** of chicken between 2 pieces of plastic wrap. Use meat mallet or rolling pin to pound each piece of chicken – flatten to even layer about 5mm thick (cutting into smaller portions if necessary). Transfer to a dish.
2 **To make marinade,** combine garlic, rosemary and sage in a bowl. Stir through lemon zest and juice, and 1 Tbsp olive oil, and season with pepper. Pour marinade over chicken, ensuring it's well coated. Cover and place in the fridge for 2 hours to marinate.
3 **Heat a large chargrill pan** or barbecue grill on medium-high. Add some of the chicken. Cook for 1-2 minutes each side or until cooked through. Transfer to a plate, cover loosely with foil and set aside. Repeat with the remaining chicken in batches.
4 **Meanwhile,** pour remaining oil and balsamic into a large bowl. Add rocket. Season with pepper. Toss together. Top with parmesan.
5 **Serve salad** with chicken, lemon wedges (to squeeze over) and rolls.

HEALTH TIP

Garlic, herbs and lemon juice are a great way of adding flavour to meals without the salt generally found in store-bought marinades.

POLENTA AND MUSHROOM TART

PREP TIME: 15 MINS
COOK TIME: 50 MINS
SERVES 6 (AS A LIGHT MEAL)

560ml water
80ml (⅓ cup) salt-reduced or gluten-free vegetable stock
150g polenta
30g finely grated parmesan
2 sprigs rosemary, leaves finely chopped
Freshly ground black pepper
600g small Swiss brown mushrooms, halved
1 bunch thyme, leaves picked
1½ Tbsp olive oil
80g bocconcini, torn into pieces
1 cup rocket leaves
1 tsp balsamic vinegar

1 **Preheat oven** to 180°C (fan-forced). Line a large baking tray with baking paper.
2 **Bring the water** and stock to boil in a medium saucepan over high heat. Slowly pour in polenta, whisking constantly. Return to boil and simmer, stirring, for 8 minutes. Remove the pan from the heat and stir in the parmesan and rosemary. Season with pepper. Spread the polenta over the lined tray and bake for 30 minutes.
3 **Meanwhile,** mix mushrooms, thyme and pepper. Heat half the oil in a large non-stick frying pan and cook half the mushrooms over medium-high heat for 3-4 minutes or until soft. Transfer to a plate, then repeat with remaining oil and mushrooms.
4 **Top baked polenta** with the mushrooms and bocconcini. Bake for a further 10 minutes or until cheese is melted and bubbling. Scatter over the rocket and drizzle with the balsamic. Serve. ■

Health Tip

Boost your vitamin D intake by placing your mushrooms in the sun for an hour before preparing your meal. Vitamin D is important for bone health and helps protect against osteoporosis.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

family FAVOURITE

Everyone loves a pie and this tasty main made with fish fillets couldn't be easier

FISH PIE

PREP TIME: 30 MINS
COOK TIME: 40 MINS
SERVES 6 (AS A MAIN)

400ml skim milk
1 bay leaf
1 clove garlic, finely chopped
1 brown onion, thinly sliced
300g skinless and boneless fish fillets
1kg sebago (brushed) potatoes, chopped
3 parsnips, chopped
2 x 60g eggs
420g can no-added-salt corn kernels, drained
125g frozen peas
2 Tbsp chopped mixed herbs (lemon thyme, coriander and chives work well)
Zest of 1 lemon
150g peeled and cooked small prawns
4 Tbsp light sour cream
Pinch each white pepper and ground nutmeg
1 tsp wholegrain mustard or gluten-free wholegrain mustard
25g light margarine
50g reduced-fat grated cheese
200g carrots, sliced, steamed, to serve
200g broccoli, cut into florets, steamed, to serve

1 **Preheat oven to** 190°C (fan-forced). Put milk in a medium saucepan with bay leaf, garlic and onion. Add fish (the milk should just cover the fish. If it doesn't, add a little more milk to pan) and cook in barely simmering liquid for 15 minutes, or until fish is just cooked (it should be firm to the touch and flake easily). Using a slotted spoon, transfer fish to a plate with onion. Strain milk into a jug and reserve for mash.

2 **Meanwhile,** put potato and parsnip in a medium saucepan. Cover with cold water and a lid, and bring to boil. Reduce heat to medium and simmer, partially covered, for 10 minutes, or until potato and parsnip are soft (not falling apart).

3 **Put eggs in** a small pan of simmering water and cook for 5 minutes. Transfer to a bowl of cold water, leave to cool, and then peel and chop.

4 **Flake fish fillets** into bite-sized chunks (checking for bones, just in case, as you do) and place in a casserole dish, then add onion, corn and peas. Add herbs, lemon zest, prawns, hard-boiled eggs and sour cream. Season and mix well.

Health Tip
This meal will tick off four of your five vegetable serves for the day!

5 **Drain parsnip** and potato in a colander and return to the saucepan. Add nutmeg, white pepper, mustard and margarine. Mash until well combined. Cover fish filling with mashed potato and, using a fork, create a wavy pattern, if you like. Sprinkle over grated cheese.

6 **Bake fish pie** in oven for 20 minutes or until cheese melts and top is golden brown. Serve with steamed carrot and broccoli florets. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

How our food works for you
see page 90

NUTRITION INFO GFO
PER SERVE 1820kJ, **protein** 33g, **total fat** 13g (sat. fat 5g), **carbs** 41g, **fibre** 10g, **sodium** 302mg
- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten-free option**

Why Activate?

Pre-soaking dried beans and pulses, including lentils, makes them easier to digest. It activates enzymes that neutralise naturally occurring toxins and anti-nutrients such as phytic acid, which interfere with the absorption of iron, magnesium, calcium and zinc.

CAULIFLOWER

A source of glucosinolates, an antioxidant that may protect against certain cancers and heart disease.

EGG

One of the few foods that supplies vitamin D, which helps to keep bones healthy. Poach or soft-boil to optimise the nutritional benefits.

WATERCRESS

Good source of vitamin K and calcium – both key for maintaining strong, healthy bones.

CHERRY TOMATOES

Packed with carotenoids and potassium, which are important for nerve and heart health.

GREEN SHALLOTS AND GARLIC

Both are sources of sulphur, which helps to manage oestrogen levels and also helps the liver to detoxify.

CARROTS

A good source of carotenoids, which help to prevent the oxidative damage associated with ageing.

OLIVE OIL

Rich in antioxidants and stable at high temperatures, this is a heart-friendly oil.

CELERY

Rich in compounds called coumarins that help to lower blood pressure, maintain the body's water balance and reduce the risk of blood clots.

PUY LENTILS

Rich in energising iron and molybdenum, lentils also supply B vitamins, which help to regulate the nervous system and manage hormone levels.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Action *packed*

Every ingredient in this simple salad packs a powerful nutritional and health punch

EGG AND LENTIL SALAD

PREP TIME: 20 MINS
(+ OVERNIGHT SOAKING)
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

75g dried puy lentils
175g cauliflower florets, broken into smaller pieces
1 Tbsp olive oil
1 large carrot, chopped
2 sticks celery, chopped
2 cloves garlic
3 x 60g eggs
1 Tbsp salt-reduced soy sauce or gluten-free soy sauce
10 cherry tomatoes, halved
4 green shallots, finely sliced
2 generous handfuls watercress, picked

1 **To activate** lentils (see tip, opposite), do this the night before, or up to 8 hours before eating. Pour water over them and leave them to soak at room temperature. Drain and rinse.

2 **When ready to eat,** preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Toss cauliflower and 1 tsp oil. Add to pan. Roast for 20 minutes or until tender and light golden brown around edges.

3 **Meanwhile,** put drained lentils in a medium saucepan with carrot and celery. Pour in enough water to cover. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 20 minutes or until lentils are tender. Check before they are ready, just in case they are boiling dry and, if necessary, top them up with a little more water.

4 **Meanwhile,** finely grate garlic and set aside in a large bowl. Add eggs to a medium saucepan of simmering water. Cook for 5 minutes. Drain and plunge into cold water to cool. Peel eggs.

5 **Whisk soy sauce** and remaining oil into garlic to make a dressing. Check lentils and drain, if necessary, then toss in the bowl with dressing, tomatoes, shallots, watercress and cauliflower. Pile onto a serving platter and top with eggs, drizzling any remaining dressing from the bowl across the top. Serve. ■

NUTRITION INFO GFO

PER SERVE 1670kJ, **protein** 25g, **total fat** 18g (sat. fat 3g), **carbs** 27g, **fibre** 13g, **sodium** 602mg

- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

How our food works for you see page 90

TAKEAWAY *takeover*

Turn a Saturday night takeaway into a healthier, tastier 'fakeaway" instead

MEXICAN-STYLE CHICKEN WITH SPICED CORN & ZUCCHINI

PREP TIME: 20 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A MAIN)

1 Tbsp sunflower oil
1 large brown onion, chopped
1 clove garlic, sliced
1 Tbsp chipotle sauce
400g can no-added-salt chopped tomatoes
1 Tbsp apple cider vinegar
8 small (100g each) skinless chicken thigh fillets, trimmed of fat
100g (½ cup) SunRice Low GI Doongara Rice, cooked according to the packet instructions, to serve
2 Tbsp light sour cream, to serve
Chopped coriander leaves, to serve
2 large zucchini, sliced, steamed, to serve

Spiced corn

2 small cobs corn, husk and silk removed, halved crossways
2 tsp light margarine
3 tsp ground coriander
1 tsp smoked paprika

1 **Heat the oil** in a large, deep non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 6-7 minutes or until the onion softens.
2 **Add chipotle sauce** to pan and cook, stirring, for 1 minute. Add the tomatoes and vinegar and bring to a simmer over high heat. Reduce heat to medium and simmer, partially covered, stirring occasionally, for 10 minutes.
3 **Add chicken** to pan and cook for 10 minutes or until the chicken is cooked through, turning once.
4 **Meanwhile,** to make the spiced corn, bring a large saucepan of water to the boil. Add corn cobs and cook for 8-10 minutes or until tender. Combine the margarine, coriander and paprika in a small bowl. Drain corn and return to pan. Add margarine mixture to the pan so it melts on all sides of the corn.
5 **Place the chicken** and sauce into a serving bowl with rice and sour cream. Scatter with coriander leaves. Serve with steamed zucchini and spiced corn.

How our food works for you
see page 90

NUTRITION INFO GF

PER SERVE 2280kJ, **protein** 45g, **total fat** 20g (sat. fat 5g), **carbs** 40g, **fibre** 9g, **sodium** 197mg

- **Carb exchanges** 2 ½
- **GI estimate low**
- **Gluten free**

CHINESE POACHED CHICKEN WITH OMELETTE VEGETABLE ROLLS

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

Large piece ginger, peeled, 1 Tbsp finely grated, remaining sliced
3 cloves garlic
1 tsp black peppercorns
1 Tbsp salt-reduced or gluten-free soy sauce
4 chicken drumsticks
2 Tbsp sesame oil
1 bunch green shallots, chopped
4 baby bok choy, halved
100g (½ cup) SunRice Low GI Doongara Rice, cooked following packet directions, to serve
Omelette vegetable rolls, to serve (see recipe, below right)

1 **Put the sliced ginger,** garlic, peppercorns and half the soy sauce in a large saucepan with the chicken. Add enough water to cover the chicken completely. Bring to the boil over medium heat. Reduce heat to low and cook, covered, for 30 minutes.
2 **Meanwhile,** heat the oil in a small non-stick frying pan over medium heat. Add shallots. Cook, stirring, for 1 minute. Remove the pan from the heat and stir in the grated ginger and remaining soy sauce, to make a relish. Set aside.
3 **When the chicken is ready,** remove from pan. Add bok choy to poaching liquid and cook for 3-4 minutes or until tender. Strain poaching liquid to remove ginger, garlic and peppercorns, reserving the liquid. Pull the skin from the chicken legs and discard. Shred meat into thick pieces. Place chicken in bowls with rice, bok choy, a ladle of hot chicken broth and the green shallot relish. Serve with omelette rolls.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Relish adds Asian zing to chicken and rice

NUTRITION INFO GFO
PER SERVE (with 3 half omelette rolls per serve) 2040kJ, **protein** 32g, **total fat** 21g (sat. fat 4g), **carbs** 43g, **fibre** 8g, **sodium** 430mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

OMELETTE VEGETABLE ROLLS

Heat 2 tsp olive oil in a wok. Stir-fry 1 **carrot**, thinly shredded, and 120g **shiitake mushrooms**, thinly sliced, for 2 minutes. Add 100g **bean sprouts**, 2 **green shallots**, sliced, a knob of **ginger**, peeled and grated, and 1 clove **garlic**, grated. Stir-fry for 1-2 minutes. Season with 1 tsp salt-reduced or gluten-free **soy sauce** and set side. Heat ½ tsp olive oil in a medium non-stick frying pan over medium heat. Whisk together 3 x 60g **eggs**. Add a little egg mix to the pan. Fry for 30 seconds, then flip over and cook for 10 seconds. Repeat until you have six pancakes, adding a little more oil when needed. Cut each pancake in half. Spoon a little vegie mix in the centre of each half-moon pancake and roll up, tucking in the edges. Microwave on high/100% for 30 seconds before serving. Makes 12 half rolls (as a side). ■

PER SERVE (per half roll) 245kJ, **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 7g, **fibre** 2g, **sodium** 43mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option**

Yoghurt

With delicious flavours and a focus on health, yoghurt makes a no-brainer for your shopping trolley

Many yoghurts available in your local supermarket will be an excellent source of calcium, protein and low glycemic index (GI) carbohydrates, which are suitable for inclusion in your daily diet. However, it is important to take the time to check the nutrition information panel of your favourite brand and flavour, as they don't all stack up to be as good as each other.

Look for yoghurts that contain:

- **No more than 2.5g total fat per 100g**
- **No more than 10g sugar per 100g**
- **At least 100mg calcium per 100g**

When deciding on your portion size, remember to consider your individualised carbohydrate requirements to best manage your BGLs. If you are unsure about this, an Accredited Practising Dietitian can help you.

Check out some of our favourite yoghurts on the market! ■

CHOBANI

- **Plain Greek Tub (less than 0.5% fat)**
- **Greek Yoghurt Flavoured Pots**
- **Oats Range**
- **Fit Range**

From $2.25.

EVIA

- **Greek Lite Sweetened and Madagascan Vanilla Flavours**
- **Hemp Range**
- **Skyr Toasted Muesli Range**

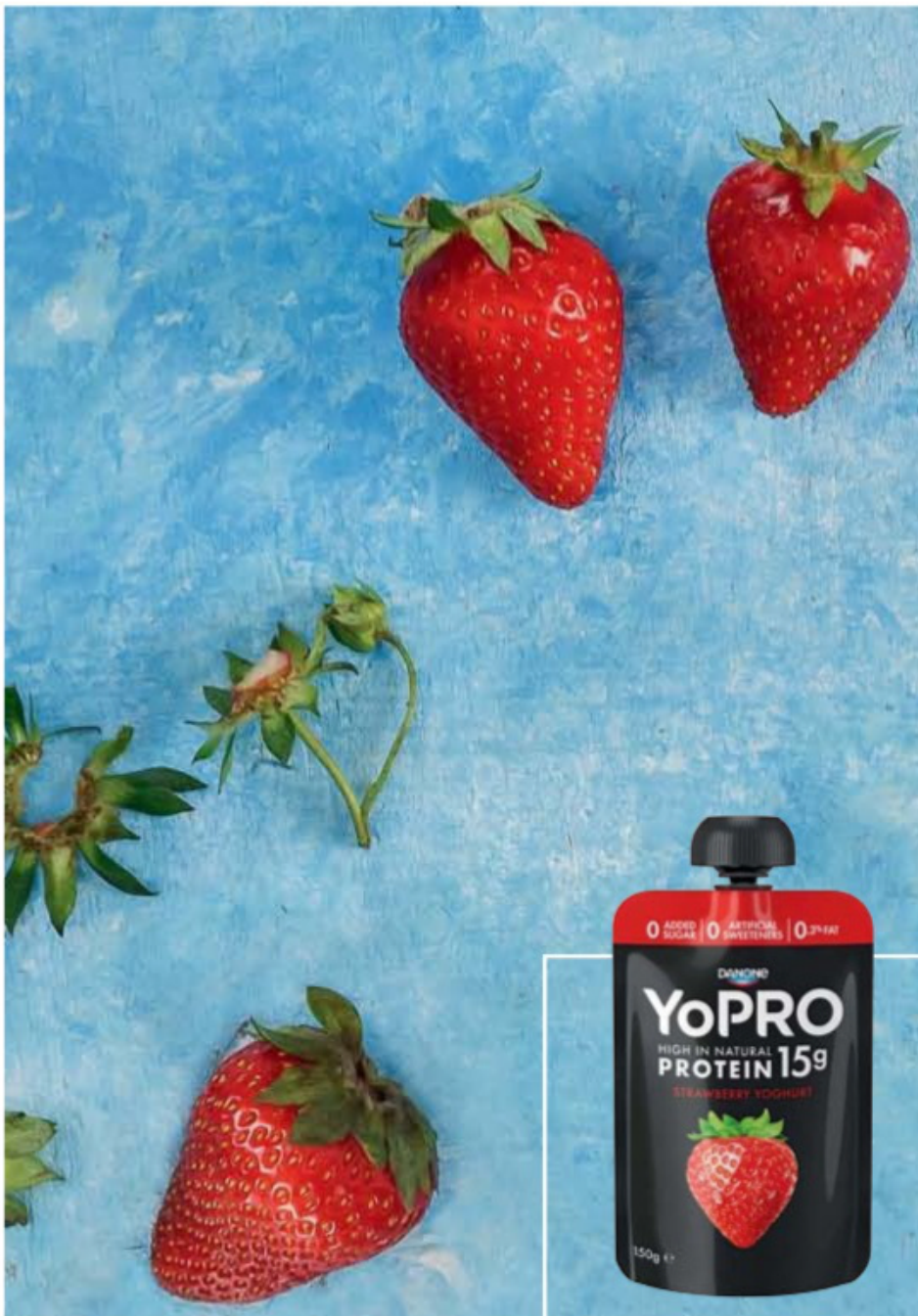
From $2.50.

JALNA

- **Natural Fat-Free**

From $6.99.

NOTE: Available from Coles, Woolworths and selected independent supermarkets. Not all sizes and flavours are available at all stores.



FARMERS UNION

- **Greek-Style Less Than 0.5% Fat**

From $4.20.

DANONE

- **YoPro Range**

From $2.25.

YOPLAIT

- **Petit Miam Range**
- **Yoplus**
- **Zero Range**

Petit Miam, from $1. Yoplus & Zero range, from $4.

SOY LIFE

- **Vanilla Crème Fat-Free**

From $3.49.

ROKEBY FARMS

- **Whole Protein Swedish-Style Quark Range**

From $2.80.

From kids to kefir devotees, there's a variety for everyone

THE COLLECTIVE ORGANIC

- **Kefir Range**

From $6.

TAMAR VALLEY

- **No Sugar Added Flavoured Range**
- **99.85% Fat Free Natural Yoghurt**

From $2.69.

VAALIA

- **Kids Range**
- **Kids Lactose-Free Range**
- **French Vanilla Lactose Free**
- **Low-Fat Range**

Kids ranges, from $1.60.

Lactose Free & Low-Fat range, from $3.90.

NOTE: Available from Coles, Woolworths and selected independent supermarkets. Not all sizes and flavours are available at all stores.

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Healthy habits

Whether you smash an avo or savour a salad, wellbeing starts with what you eat and drink, says our food editor *Alison Roberts*

DL loves

EASY JUICE

The **Clever Dick Juicer** is ideal for lemons, limes, oranges and grapefruit. You simply screw the juicer into the middle of the fruit and then squeeze the juice straight into a glass. Another great feature... if you don't need all the juice at once, you can simply flip down the lid and place the fruit back in the fridge until you need it again! For more information, visit clever-dick-juicer.com.au.

KITCHEN TIP

Grab an avo

Picking

When selecting an avocado, be mindful of when you want to eat it. Gently press the top of the avocado to test for ripeness. If it's quite firm it will be ready in a couple of days. So, if you are after an avocado to eat the same day, make sure to pick one that feels soft when gently pressed.

Storage

- Store unripe avocados at room temperature until they reach your preferred ripeness.
- Place a ripe whole avocado in the fridge because that will help to maintain its ripeness for 2-3 days until you are ready to use it.
- A cut avocado should be sprinkled with lemon or lime juice, wrapped in plastic wrap and stored in the fridge. Eat within 1-2 days.

Healthy Info

Avocados contain monounsaturated fat, which can help reduce cholesterol levels when it replaces some of the saturated fat in a diet. However, the kilojoules add up quickly: ½ a small avocado equals 440 kilojoules. Still, its fibre content of 2 grams per ½ avocado slows digestion, so you'll feel fuller for longer.

Not sure where to start? Try our Turkey and Avocado Toast on page 47.

SUPERMARKET CRUSH

Drink up

Nexba Kombucha is naturally sugar free and is made with more than 500 million probiotics. It's great for your gut health and so refreshing! Available from Woolworths, in Elderflower & Lemon, Cinnamon & Lime, and Mixed Berry flavours, $8 (pack of 4).

60 SECOND

DESSERT

Top 1 toasted **Nanna's waffle** with a scoop of **sugar-free ice-cream** and 100g **mixed berries**. Drizzle with 2 tsp **diet chocolate topping**. Serves 1 (as an occasional dessert).

PER SERVE 841kJ, **protein** 4g, **total fat** 9g (sat. fat 5g), **carbs** 25g, **fibre** 3g, **sodium** 197mg
- **Carb exchanges** 1½
- **GI estimate** medium

QUICK LUNCHES!

PEAR, PARMESAN, AND CHICKEN SALAD

Toss 2 cups **rocket leaves**, 1 small **pear**, cut into thin wedges, 10g **parmesan** shavings and 80g cooked shredded **chicken**. Drizzle with a little **balsamic glaze**. Serves 1.

PER SERVE 1200kJ, **protein** 32g, **total fat** 5g (sat. fat 3g), **carbs** 18g, **fibre** 9g, **sodium** 184mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

STIR-FRIED GREENS AND RICE

Cook 1 bunch chopped **Asian greens** in 1 tsp **sesame oil** with 1 crushed clove **garlic**. Stir-fry in wok over medium-high heat for 2-3 minutes or until tender. Sprinkle with 1 tsp **sesame seeds** and 2 Tbsp roughly chopped unsalted roasted **cashews**. Serve with ⅓ cup cooked **rice**. Serves 1.

PER SERVE 1320kJ, **protein** 10g, **total fat** 16g (sat. fat 3g), **carbs** 29g, **fibre** 8g, **sodium** 75mg
- **Carb exchanges** 2 • **GI estimate** low
- **Gluten free**

GF

HERBED RICOTTA AND MUSHROOMS ON SOURDOUGH

Top 2 slices toasted wholemeal **sourdough bread** with 4 Tbsp low-fat **ricotta** mixed with 1 Tbsp chopped **herbs**, pinch **lemon zest** and freshly ground **black pepper**. Spoon over 100g sliced **mushrooms** cooked in a little **olive oil** and **garlic**. Serves 1.

PER SERVE 1280kJ, **protein** 17g, **total fat** 10g (sat. fat 3g), **carbs** 32g, **fibre** 7g, **sodium** 469mg
- **Carb exchanges** 2
- **GI estimate** low ■

> **You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients**
>
> – Julia Child

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

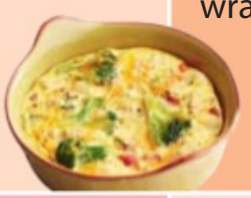
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

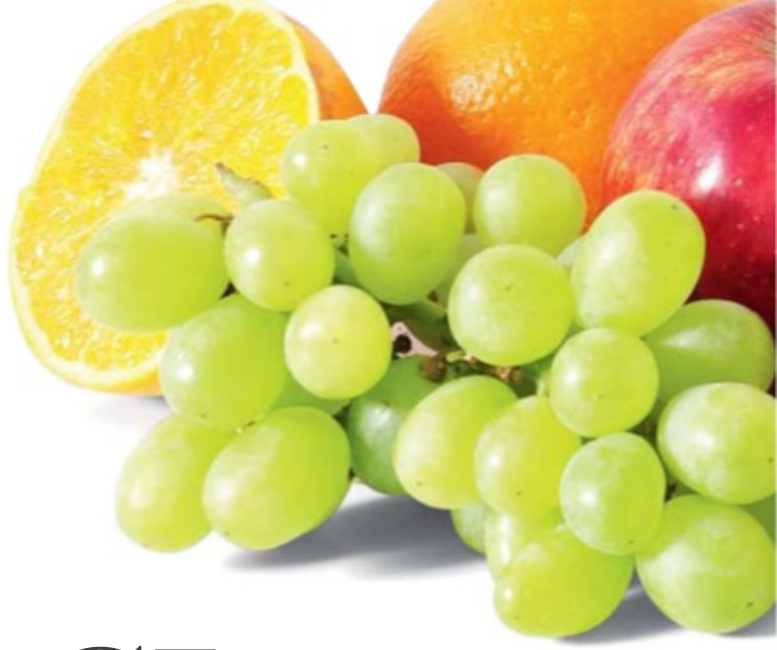
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	2 slices sourdough each topped with 2 Tbsp ricotta, sliced banana & drizzle of honey	Check out our Big-batch cereals on page 69 for a delicious start to the day		
Optional snack	Small tub yoghurt (see page 82 for suggestions)	1 cup fresh fruit salad	Energy bites (page 46)	Super smoothie (page 46)
Lunch	Poached eggs on soft polenta (page 41)	Chicken with lemon and herbs (page 75)	Greek-style frittata (page 74)	Polenta and mushroom tart (page 75)
Optional snack	30g mixed unsalted nuts	Lemon curd drops (page 34)	Small tub yoghurt (see page 82 for suggestions)	30g mixed unsalted nuts
Dinner	Fish pie (page 76) ***Pictured above***	Braised fennel & leek with pork (page 25) ***Pictured above***	Red chicken curry with rice (page 25) ***Pictured above***	Roasted beet, fennel and lamb salad (page 22) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 piece fresh fruit	2 fresh dates	¾ cup frozen mixed berries (served warm) & 1 scoop no-added-sugar ice cream	1 piece fresh fruit
Exercise		Aim for 20-60 minutes of moderate exercise each day.		

WORDS SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES, SHUTTERSTOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels		
2 slices sourdough topped with 2 Tbsp ricotta and ½ cup smashed warm green peas	Blend 1 cup skim milk with ½ cup frozen berries & ½ cup low-fat vanilla yoghurt	Mediterranean breakfast sandwich (page 44)
1 cup fresh fruit salad	Turkey and avocado toast (page 47)	1 piece fresh fruit
Potato, broccoli and ham frittata (page 43) 	Egg and salad wrap (page 44)	Lemon and garlic prawns (page 32)
Easy hummus with pita and dippers (page 47)	2 fresh dates	Energy bites (page 46)
Roasted vegetable & balsamic pasta (page 26) ***Pictured above***	Herb fish cakes with avocado salsa (page 26) ***Pictured above***	Chicken gumbo (page 61) ***Pictured above***
have a couple of alcohol-free days a week		
5 canned peach slices + ½ cup yoghurt (see page 82 for suggestions)	60 second waffle dessert (page 87)	Chocolate Paddle Pop
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.



GI, *why?*

Choosing to eat low glycemic index (GI) foods/meals rather than high GI options can help manage your blood glucose levels (BGLs). Low GI foods break down slowly in the body and release glucose into the blood at a slower and more steady rate than high GI foods. This helps avoid spikes in your BGLs and keeps you feeling fuller for longer.

Low GI	**≤ 55**
Medium GI	**56-69**
High GI	**≥ 70**

However, it is important to remember not all low GI foods are necessarily healthy choices. It is still essential to consider the overall nutrition of the food/meal and choose those that are lower in fat, especially saturated fat, lower in sodium (salt) and higher in fibre. Aim to include at least one healthy low GI carbohydrate food at each meal and keep an eye on your portion to ensure you are eating the appropriate amount of carbohydrate to best manage your BGLs.

Some healthy low GI foods include:

- **Apples, oranges, mango, orange sweet potato, grapes, lentils**
- **Multigrain bread, pasta, quinoa, SunRice Low GI White and Brown Rice**
- **Dairy milk, soy milk, yoghurt** ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

PHOTOGRAPHY IMMEDIATE MEDIA

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

The time to relax is when you don't have time for it.

– Satchel Paige, American baseball player

PHOTOGRAPHY GETTY IMAGES

TAKE CHARGE OF YOUR health

Five ways to become your own advocate – both in the doctor's office and out

If you've been living with diabetes for a while, chances are you have a lot of practice participating in your own care. Sometimes tracking, checking and managing it all can feel like a full-time job. But here's the good news: all that participation gets you closer to becoming an engaged patient – someone who equips themselves with information, asks questions and partners with supportive doctors to make better health decisions.

Dave deBronkart – a patient advocate, international speaker and co-founder of America's Society for Participatory Medicine – is a prime example. After he was diagnosed with stage 4 kidney cancer in 2007, with an expected survival of less than six months, deBronkart saw a leading oncologist, read everything he could about new treatments and got active on patient forums. He had surgery and got into a clinical trial for immunotherapy – and 12 years later, he's still in remission.

"Part of how I helped save my own life, according to my oncologist, was that I became an engaged, informed patient," he says. Seven years after his cancer diagnosis, deBronkart also beat prediabetes. He joined his local Diabetes Prevention Program, started tracking his activity and food intake using MyFitnessPal, and began going to the gym.

Navigating the healthcare system can feel overwhelming at times – especially when you are managing a chronic condition – but even small steps towards becoming more engaged can help you get the most from your care.

Here are some key strategies to move you in that direction. ➤

1 Go online

Yes, you read that right!

Ever had a doctor tell you to stay off the internet? That's outdated advice, says Mark Heyman, type 1, director of the Center for Diabetes and Mental Health in San Diego. There's a wealth of good information if you know where to look, he says, and reading up can help you to pose the right questions to your doctor. "We've always known doctors have valuable information to share," says deBronkart. "What's new is that good information is also available through other channels, and it's possible today to find valid scientific information that your doctor didn't mention or doesn't yet know about." In general, avoid viral news stories you see on social media and stick with websites of major academic medical institutions, government health departments, and large health associations. Online patient forums can be a gold mine, too, says deBronkart, as long as you remember that what works for one person may not work for everyone. Forum members offer emotional support, swap the latest news stories and studies, and share valuable real-word experiences. (See page 103 for help building your support network.)

"I've been hearing about this medicine, do you think it would work for me?"

2 Tell your doctor what you learn

When you find information online or through your peer network, don't keep it to yourself – share it with your healthcare team. "Sometimes patients expect doctors to know everything. But how can they?" asks deBronkart. "Consider that the average family doctor treats thousands of conditions, and more than 2000 new medical journal articles are published every day." When bringing info to your doctor, be respectful and honest, and ask for input. "Say, 'I found this – what do you think?'" deBronkart suggests. Keeping a copy of your medical records and sharing things in your medical history your doctor might not know about is also important, says Danny Sands, co-founder of the Society for Participatory Medicine. "Patients who view their health records online or track their own data and share it with their physicians may be able to avoid errors, such as drug interactions or allergies, missed screenings and duplicate testing – as in, 'Actually, doctor, I just had that test done a few months ago at another facility,'" he says.

3 Admit when you're confused

Some patients feel ashamed if they don't understand something, or worry about being a burden by asking too many questions, says Manny Hernandez, type 1 and co-founder of TuDiabetes. Your doctor is an important source of information and wants you to be well – so utilise her! "Simply say, 'I'm not clear on this,'" Hernandez suggests. If your appointments are too short to get the clarity you need, ask for resources where you can get more education. Some examples may be certified diabetes educators, patient-centred medical conferences or disease-management programs.

4 If it doesn't feel right, push back

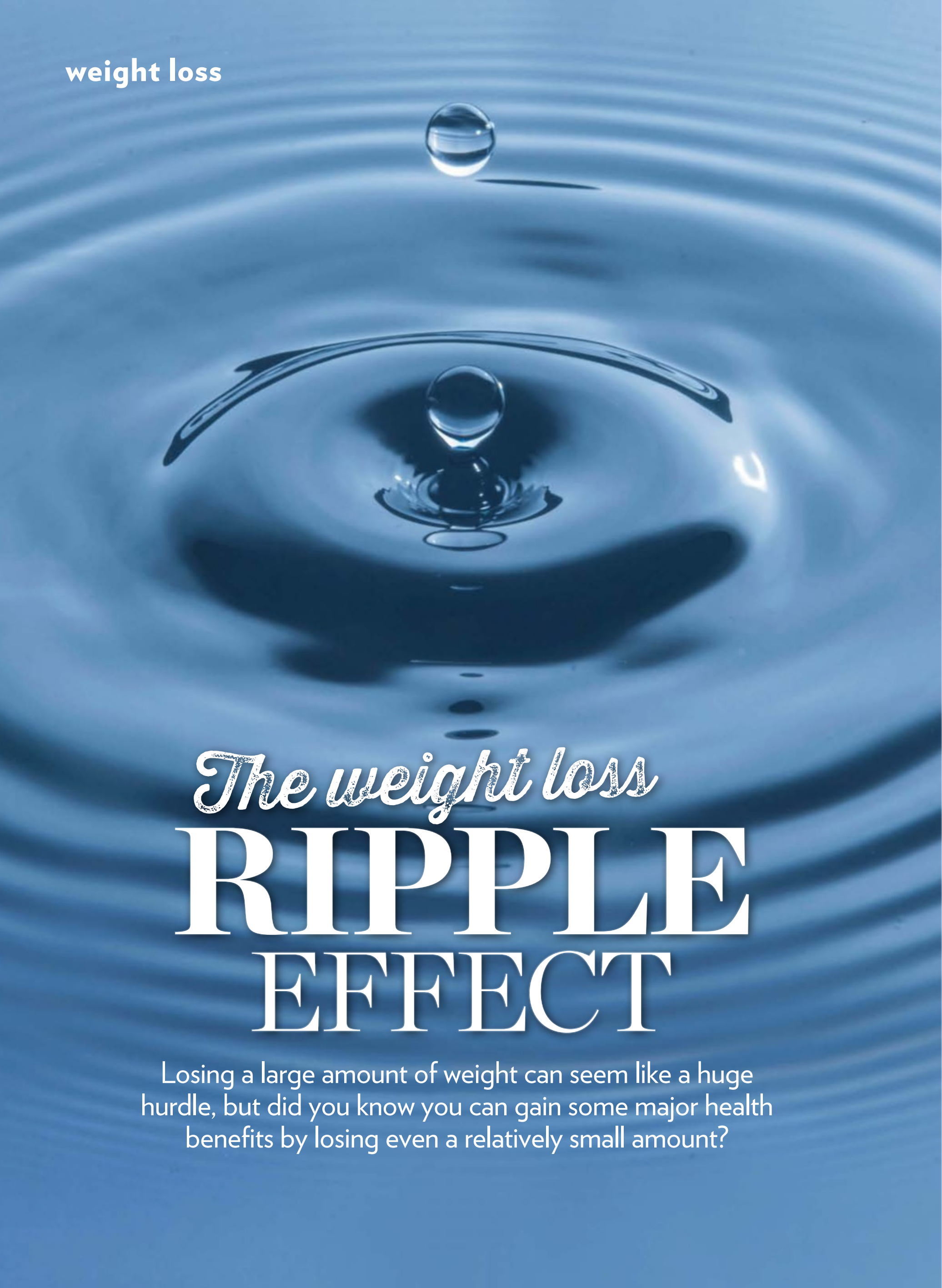
"There's a power dynamic between patients and doctors that makes some people feel as if doctors are higher up on a societal hierarchy and somehow in charge of what a patient does," says Heyman. "That's not the case. A doctor should be a partner in a person's health care, not in charge of it." He says going to appointments prepared – with printouts of information and a list of questions – will boost your confidence, reduce anxiety, and may even increase your provider's respect for you. If you've done your part but still don't feel like you're meshing with your doctor, it may be time to look for another.

A doctor-patient pairing is like any other relationship: sometimes it's just not the right fit, says Sands. If you don't have the option of switching, try calling in some backup. "Bring your spouse or someone else who can help make sure you get all your questions answered and make your needs known," suggests Heyman. They can help you understand what your doctor is saying, and provide emotional support if it's nerve-wracking.

5 Remember your ultimate goal

Being an engaged patient takes some time and effort. But with everything you do in life – making sure the bills get paid, caring for family and pets, offering neighbours a helping hand – don't you deserve to focus on yourself once in a while? Medicine shouldn't be a spectator sport, says Sands. "It's much better practiced as a participatory sport. You will feel more in control. You don't have to feel like things are being done to you; rather with you and by your choice. You'll have less anxiety and better health." You'll also likely save money and avoid errors. With rising costs and an ever-more-complicated medical system, says Sands, patients are going to play a bigger role in determining their own wellness goals, and lighting the path to get there. And who better to do it? While healthcare providers are experts in medicine, we are the best experts on ourselves. ■

WORDS SUNNY SEA GOLD **PHOTOGRAPHY** GETTY IMAGES



The weight loss RIPPLE EFFECT

Losing a large amount of weight can seem like a huge hurdle, but did you know you can gain some major health benefits by losing even a relatively small amount?

Good news! Big gains can come from a relatively small weight loss. We spoke to a range of medical experts about how losing even just 10 per cent of your body weight can radically improve your health and longevity.

WEIGHT AND BLOOD PRESSURE/HEART HEALTH

Dr Shruti Kapila, Cardiologist

If you're genetically at risk of uncontrolled blood pressure, weight is even more significant than previously thought, says Dr Shruti Kapila from Sydney's Burwood Heart Centre.

"Hundreds of studies have looked at the effect of 'salt sensitivity' on blood pressure," she says. "However, only in recent years has the focus shifted to how your individual genetic 'weight sensitivity' can also impact blood pressure.

"So, while one person may put on 5kg and it has little or no effect on blood pressure, for someone whose blood pressure is weight sensitive, losing just 5kg may make a big difference."

So, what's the link between blood pressure and heart attacks?

"With normal blood pressure, arteries are elastic and flexible, but high blood pressure increases the risk of heart problems in two main ways," says Dr Kapila.

"Firstly, hypertension makes the heart work harder and the force of extra blood pumping around your body can cause the left ventricle of the heart to enlarge or stiffen. Over time a stiff heart fails to pump effectively and starts to fail.

"Secondly, high blood pressure can cause cellular changes to the lining of the arteries, which allows more fat and plaque to collect or 'block' the arteries. Add weight or cholesterol on top and it's a double or triple whammy."

She says as a general rule of thumb, for every 10-point increase in systolic blood pressure (top number) there is a 25 per cent increase in the chance of heart attack or stroke.

"So in short, yes, weight loss can truly help keep it down. Some studies suggest every 1kg in weight reduction means lowering of blood pressure by 1 point."

Geraldine Georgeou, Dietitian

"In patients who are overweight (but not obese), or for people who have pre-diabetes, losing about 10 per cent of body weight will often see blood sugars return to normal levels," says dietitian Geraldine Georgeou from diabetesclinics.com.au.

"The old way of thinking about diabetes was that pancreatic beta cells were destroyed when diabetes was diagnosed.

"However, a recent study in *The Lancet Medical Journal* shows that substantial weight loss at the time of diagnosis of type 2 diabetes may actually 'rescue' the pancreatic cells and have a powerful effect at the onset of the condition.

"A year after the study started, almost half of the 300 participants had their blood [glucose] levels return to normal."

"For severely obese patients, bariatric surgical intervention is generally required," she says.

"For overweight patients with insulin resistance or pre-diabetes, though, the majority of these people will notice a substantial improvement in lipid profiles and glucose control with about 5-10kg of weight loss."

KNOW YOUR BP NUMBERS

120/80 = "This is ideal, but normal is considered <130/85. However, for some conditions such as diabetes or kidney disease even going beyond 120/75 is too high for them. Being vigilant and knowing your targets is imperative!" says Dr Kapila.

WEIGHT AND JOINT MOBILITY

Dr Jonathan Herald, Shoulder, Elbow and Knee Surgeon

"Every extra 1kg of weight means up to 4kg of force through the knee when squatting or climbing stairs," says Sydney shoulder, elbow and knee surgeon Dr Jonathan Herald.

"Quite often losing 10 per cent of your body weight will be enough to make a marked difference in knee pain and mobility.

"While surgery is increasingly the option for severely overweight people, for people who are slightly overweight with niggling knee pain, weight loss can certainly help.

"And strengthening is important, too. Some of the best exercises to strengthen knees in overweight people include calf raises, straight leg raises, wall squats or simply just getting up and sitting back down in a chair five times, pushing through the heels." ➤

WEIGHT AND CANCER RISK

Dr Mary Ling, Breast Surgeon

"Whilst most people know that obesity increases the risk of diabetes and heart disease, many are less aware that it increases the risks of 11 cancers, including breast (post-menopausal), oesophageal, stomach, bowel, liver, gallbladder, kidney, pancreatic, endometrial, ovarian and prostate. It is predicted that obesity may soon overtake tobacco as the leading preventable cause of cancer in Australia," says Central Coast breast surgeon Dr Mary Ling.

"Obesity increases the risk of cancer through chronic inflammation and excess levels of the hormones oestrogen and insulin in the body."

So, can weight loss reduce the risk of cancer, or is it too late after you've already gained the weight?

"Logically, losing weight should reduce the risk of cancer, but proving it has not been easy. However, emerging evidence shows that weight loss can reverse the increased cancer risk."

A 2017 study published in the *Annals of Surgery* found that patients with severe obesity who had undergone weight-loss surgery, compared with those who had not had surgery, had a 33 per cent lower risk of developing any cancer during follow-up. The benefit is greatest among obesity-associated cancers, specifically breast (post-menopausal), endometrial, bowel and pancreatic.

Another recent large observational study has shown that women with a 5 per cent or greater weight loss had a significantly lower breast cancer incidence.

So the message is optimistic, that modest weight loss can reduce the risk of some cancers.

Did you know?

"Heart disease is the number one killer of people with type 2 diabetes and weight loss in the equation of their management cannot be underestimated."

– Dr Shruti Kapila

WEIGHT AND FERTILITY/ PREGNANCY

Dr Archana Bakal, Obstetrician and Gynaecologist

"Obesity impacts the finely-tuned hormones that govern the menstrual cycle and a woman's ability to ovulate," says Dr Archana Bakal from Westmead Private Hospital.

Risks on the rise

One study in *Obesity Review* found that for every extra 5kg of weight there is a 36 per cent increased risk of osteoarthritis.

10 more reasons to lose 10 per cent

1 You'll feel better
2 You'll look better
3 You'll move better
4 You'll sleep better
5 You'll gain more confidence
6 Your workouts will be easier
7 You'll make new fitness friends
8 Your mood will improve
9 You'll add years to your life
10 And life to your years

WORDS JANE WORTHINGTON **PHOTOGRAPHY** GETTY IMAGES

"One recent study of 600 women found that women with a BMI of more than 27 were three times more likely to be infertile than women of a healthy weight. This is because obesity causes anovulation (where no egg is released by the ovary).

"Obesity also contributes to pregnancy complications, such as pre-diabetes, bigger babies, pre-eclampsia, and increases the risk of having a C-Section up to seven-fold."

And, healthy eating during pregnancy doesn't just help with weight loss, it can also impact the baby years down the track physically and psychologically.

Data from a Norwegian Mother and Child Cohort study of 23,000 women identified that when nutritional diet was poor during pregnancy, children were likely to grow up with

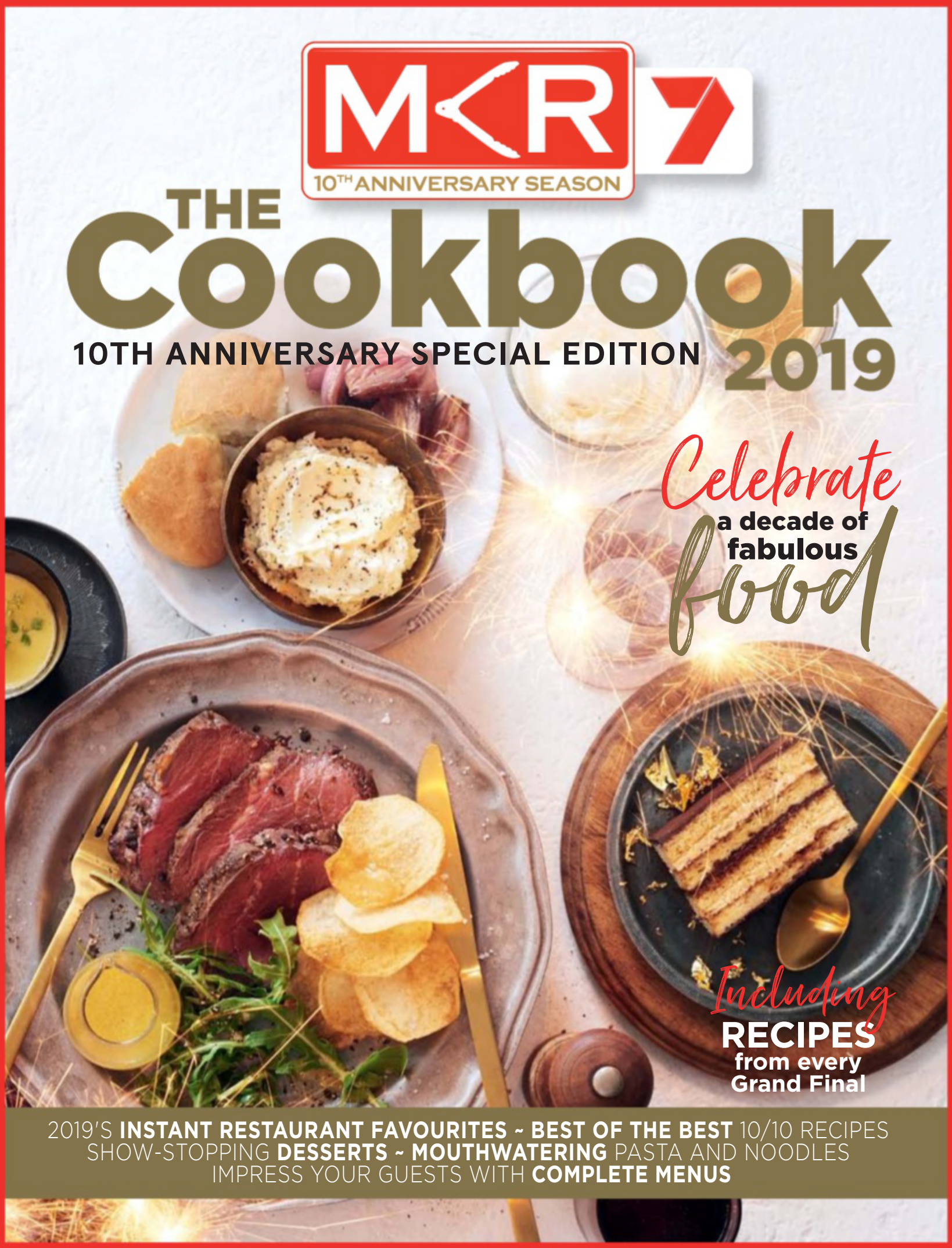
Obesity increases the risk of 11 types of cancer

significantly more behavioural issues.

However, with two in three Australians now overweight, Dr Bakal concedes there's "no magic bullet" solution for weight loss, and says the most important takeaway is recognising the difference between losing weight to "be thin" and losing weight to "be healthy".

"Just small changes can make a big difference," she says. "One study found that when 6.3kg (on average) was lost, nearly all of the women in the weight loss group fell pregnant within a year, compared to none of the women who did not lose weight." ■

10TH ANNIVERSARY EDITION



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YOUR SUPPORT NETWORK

Managing diabetes is a full-time job, but you don't have to do it alone. Here's how to build a reliable support network

WORDS CHRISTINE YU, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

Your family and friends have the best intentions, but they don't always know how to support your diabetes management. Try these ways to grow your support team.

Find Your Tribe

"A community of people who have similar experiences and who 'get you' can go a long way," says Mark Heyman, director of the Centre for Diabetes and Mental Health in San Diego. Attend a local meet-up or support group through JDRF or Diabetes Australia. For kids (and adults too!), Beyond Type 1's Snail Mail Club is a penpal program that connects people with type 1 from around the world.

Connect Online

It can be easier to bond with others when you take away the pressure of speaking face-to-face. Digital diabetes communities – such as beyondtype1.org, myD.ndss.com.au, diabetesdaily.com, tudiabetes.org and even searching "diabetes" on Facebook for a plethora of online groups, both local and international – are handy, even if you don't post (lurking is totally OK). Finding an online community can help you discover new insights and see that others have similar concerns and are supported. Another option? Twitter. Follow hashtags such as #diabetes, #T1D, #type1diabetes, #T2D, #type2diabetes, #dsma and #wearenotwaiting.

Talk it Out

Managing diabetes can be exhausting – emotionally and physically. If you feel overwhelmed, depressed or anxious, Heyman suggests working with a diabetes therapist to help identify coping strategies. Visit diabetesaustralia.com.au/depression-and-mental-health for more information.

Get Coached

A diabetes coach (educator) can provide the extra support and actionable tools you need to reach your goals. Ask your doctor for recommendations. When you find one, check their background and nutrition or fitness credentials and ask for references before signing on. Steer clear of coaches who offer quick fixes or dispense medical advice. Online programs we like include diabetesstrong.com and mysugr.com. ■

In case of EMERGENCY

Making sure your kids know what to do if you have a severe hypo could be a real lifesaver, but it's important to go about it the right way. Here's what you need to know

On the one hand, you know it makes sense for your kids to know how to help you in a diabetic emergency. On the other, you're worried that explaining what might happen will scare them unnecessarily, or make them feel like there's a big weight on their shoulders, right?

"The reality is, you're always better off preparing your child for events like this," says Associate Professor of Clinical Psychology at Australian Catholic University, Dr Leah Brennan.

Think of it this way: when something serious happens that you, as an adult, aren't prepared for, that can be scary and traumatic. Agreed? "So imagine what it would be like for a young child," says Dr Brennan, whose research has focused on the role parents can play in improving child wellbeing.

"By far the better approach is to make your diabetes part of normal conversation as early in your child's life as possible, and take the necessary steps to help them feel confident that they'd know what to do if there ever comes a time when you need emergency help."

The 5-step plan

The exact actions you expect your kids to take in an emergency will depend on how old they are, but the following steps apply at any age.

1 Use calm, matter-of-fact language to explain things. "And, if they ask questions, answer them as honestly as you can," says Dr Brennan. "Brushing them off will make this subject seem like a scary thing to avoid, which only causes anxiety." It's also vital that your kids know what should prompt them to act. "If you're expecting your child to play a role, it's important that they know when to take action," says Dr Brennan. So be very clear about how they'll know when you need help.

2 Make an Emergency Checklist. Once you've decided what actions your child can and should take if you have a hypo and need help (see What's on your Checklist? at right), make a list and stick it on the fridge. "That way, they'll know they won't have to rely on memory, which can make them feel more confident," says Dr Brennan. "For younger children, where reading instructions may be an issue, you could even make the list using photos."

3 Do a few drills. As well as talking your kids through each action to make sure they understand what to do, Dr Brennan suggests practising the plan, too. "A bit like the fire drills children might experience at school, physically running through the steps on the checklist a few times can help make it more routine."

4 Revisit and revise the checklist often. As your children grow older, the actions they could take in the event of an emergency may change. "So revisit and review the plan frequently, to make sure it's still appropriate," says Dr Brennan.

5 Don't forget to debrief. If your child ever has cause to use the checklist for real, Dr Brennan says it's important to talk with them about it after the event. "Ask how they felt and what it was like for them. Reflecting can help you help your child be even more prepared and confident, if there's ever a next time," she says.

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

WHAT'S ON YOUR CHECKLIST?

Every list will look a little different, but there are a few common things to consider, including:

The first steps to take if you're still awake. Include instructions about where they can (always!) find fast-acting carbohydrate, so they can bring it to you. For example: 'If Mum's awake, go and get the green plastic container out of her handbag and take it to her'.

Details about calling an ambulance. As well as reminding them to do this immediately if you're not awake, your checklist should also include specific details, such as the emergency number to call, your home address and what they should say to the operator, such as: 'Tell them Mum's type 1 diabetic and won't wake up. And that she uses insulin'.

What they can do while they're waiting for the ambulance. This may include unlocking the front door and making sure indoor pets are safe and secure.

Should they call anyone else? List the names and numbers of your 'in case of emergency' friends and family.

Reminders to stay calm. As well as practical instructions, don't forget to add ones that remind your child to keep calm, they're doing a great job and that you love them. ■

Fast facts on

FAST FOOD

Whether by circumstance or craving, if you find yourself in a fast-food joint you can still opt to make the healthiest choice

In a perfect world we'd all be cooking homemade meals and be carrying healthy prepared snacks, but the reality is we're not perfect, and sometimes fast food seems like our only option. Or, we just really, really want a kebab.

In acknowledgment of the fact that we live in the real world and occasionally things don't go to plan, we looked at some of Australia's most popular fast-food restaurants and then shortlisted our best and our worst picks for each venue. It's also important to consider your own personal health and carbohydrate requirements and choose foods accordingly to help manage your blood glucose levels and other medical conditions.

MCDONALD'S

With more than 970 restaurants across Australia and close to 2 million people dining there every day, it's fair to say McDonald's won't be disappearing any time soon.

- **Avoid:** If you do choose to dine at the ubiquitous burger joint, then at the very least avoid the Double Quarter Pounder and the BBQ Bacon Lovers Burger. For each of these burgers you would be consuming more than 3500kJ, at least 50g fat, with almost 50 per cent of that being saturated (bad) fat, and almost 75 per cent of your daily sodium allowance. And, if you choose to add in a side of Gravy Loaded Fries, expect to add another 1320kJ, 15g fat, 30g carbs and 500mg sodium (bringing you up to 100 per cent of your suggested daily target for sodium).

And, don't be fooled into thinking all salads are a healthy option! The Crispy Chicken Caesar Salad has more kilojoules, fat and sodium than the traditional Big Mac Burger.

- **Choose:** Opt for a Fillet-o-Fish burger, which will curb your burger craving but be far less damaging to your waistline and health, containing 1420kJ, 15g fat (of which only 3g is saturated), 32g carbs and 613mg sodium. Up your fibre intake to make it a more satisfying meal by adding a garden salad.

If you must choose a dessert, stick to a Soft Serve cone, but remember to count the carbs, because this little 30-cent cone contains 22g carbs (1½ exchanges), 612kJ and 5g fat.

> **Don't be fooled into thinking all salads are healthy**

KFC

Hmmmm, deep fried chicken…. Where do we begin?! Obviously, anything deep fried is going to be high in fat, and it seems the Colonel's secret recipe contains a fair hit of salt (sodium) as well.

- **Avoid:** Definitely steer clear of the Zinger Stacker Combo, which has more than 3900kJ, 45g fat, a whooping 88g of carbs (6 exchanges) and 2500mg sodium. And the desserts are a meal in themselves!
- **Choose:** The Honey Mustard Twister is your safest bet. The chicken is baked, not fried, and it includes some salad in the tortilla wrap, offering about 1700kJ, 11g fat (⅓ of which is saturated fat), 50g of carbs (3½ exchanges) and just over 530mg sodium.

GUZMAN & GOMEZ

Unfortunately, many options here are laden with fats and sodium and are also often quite high in carbs.

- **Avoid:** The worst is the Enchilada range, which contains upwards of 4670kJ, about 50g of total fat (20g saturated fat), at least 108g carbs (7 exchanges) and 2700mg sodium (more than your daily allowance in one meal!). Although the Taco and Quesadilla ranges are a lighter option, they also tend to be very low in fibre, so won't keep you feeling full for very long.
- **Choose:** The pick of the menu items here would have to be the Spicy-Sautéed Vegetables with Guacamole. This would make an ideal lunch option containing only 1070kJ, about 15g fat (only 3g saturated fat), 20g carbs (1½ exchanges), 7.5g fibre and only 485mg sodium. However, it is best to skip the Mexican dressing that is offered, as this would add on an extra 550kJ and a whooping 14g fat! If you are looking for a larger meal option, then team this salad with a Mild Seared Barramundi Soft Taco to bring your total meal up to approximately 1800kJ, 21g fat (less than 5g saturated fat), 35g carbs (2½ exchanges), more than 8g fibre and about 880mg sodium. ➤

OPORTO

Well known for its flame-grilled Portuguese-style chicken burgers and famous original chilli sauce, Oporto is still not the healthiest choice.

- **Avoid:** It should go without saying that any burger called a 'triple' is going to be unnecessarily large and high in kilojoules, fat and sodium and should therefore be avoided. But you may also be surprised to know that even the Veggie Burger is a no-go. With the same number of kilojoules as a triple Bondi Burger, the Veggie Burger contains 2600kJ, 21g total fat (almost 50 per cent of that saturated fat), a whopping 92g carbs (6 exchanges) and 2132mg sodium.

The Chilli Cheese Chips are anything but a snack as they are listed on the menu, unless you plan on sharing them with at least seven friends. One serve of these chips contains more than 4200kJ, 50g fat, 126g carbs (8½ exchanges) and 2320mg. Steer clear!

- **Choose:** No surprise that the salad bowls are going to be your best option. The Chicken Salad or the Chicken Taca Bowl are both reasonable options with about 1600-1800kJ. If you are looking for a lower-carb option, the Chicken Salad Bowl contains only 9g carbs, while the Chicken Taca Bowl contains a more substantial 40g (2½ exchanges).

Hungry Jacks

The names of these burgers say it all and the chain's famous slogan 'The burgers are better at Hungry Jacks' certainly isn't referring to health and nutrition.

- **Avoid: Best to avoid any burger that sounds like a 'Double Whopper' or a 'Grill Masters Ultimate'. These burger ranges are going to contain somewhere between 4200-5860kJ, 64-97g fat (with at least ⅓ being saturated fat), about 55g carbs (3½ exchanges) and 1000-1700mg sodium.**
- **Choose: Our recommendation here is, without doubt, the Grilled Chicken Classic Burger, which contains only 1550kJ, just under 20g fat (only 4g saturated), about 2 exchanges of carbs and 629mg sodium.**

SUBWAY

The great thing about Subway is you have the freedom to pick and choose exactly what you want on your sub. This can lead to a healthy option, but it can also lead to a sub loaded with excess kilojoules, fat, hidden carbs and sodium, so take care when choosing your bread and fillings!

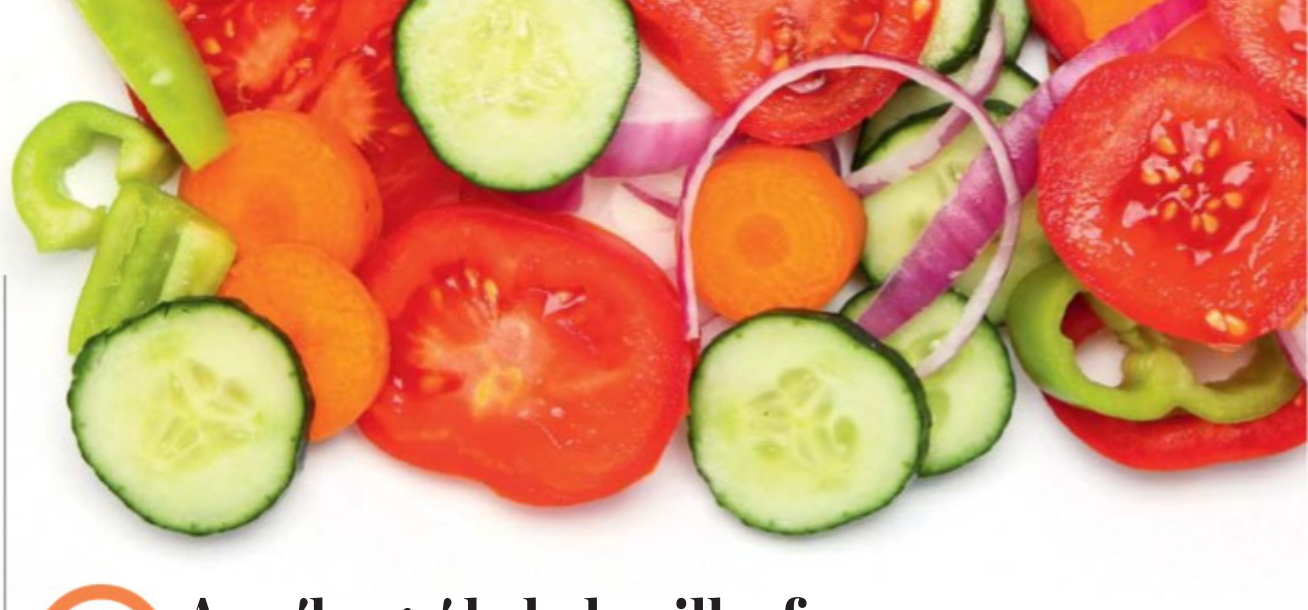
- **Avoid:** Steer clear of the white and Italian herbs and cheese bread as these are the lowest in fibre and have a high glycemic index (GI). Avoid choosing Italian BMT, Chicken & Bacon Ranch Melt and the Pizza Sub. These filling choices tend to be some of the highest in fat and sodium. Sauces are notorious for adding fat and sodium, but also hidden carbs, with the biggest culprits to dodge being the Thousand Island Dressing and Chipotle Southwest Sauce.
- **Choose:** Best breads to choose include the 9-Grain and the Malted-rye, with a 6-inch bread roll containing at least 3.5g fibre and 30-36g carbs (2- 2½ exchanges). When choosing your filling, the healthiest options include the Veggie Delite, Roast Beef, Chicken Strips, Tuna or Veggie Patty. Remember to load as much salad into your sub as possible, as this will increase the nutrient and fibre content to help keep you feeling fuller for longer. If you must choose a sauce, then stick with the Honey Mustard Sauce, which will add only 124kJ, less than half a gram of fat, 6.5g carbs (½ exchange) and 94mg sodium.

MAD MEX

Here is another fast-food restaurant that allows you to pick and choose certain components of your meal, so pay close attention to your fillings, because while some of them may not appear too bad when looking at their nutrition on their own, when teamed with other extras, those kilojoules, fat, carbs and sodium can really add up!

- **Avoid:** When choosing the base of your meal we suggest avoiding the Nachos, Burrito, Grande Melt and the Quesadilla. For the fillings and extras

WORDS SHANNON LAVERY **PHOTOGRAPHY** GETTY IMAGES
INFORMATION IS A GUIDE ONLY – CORRECT AT TIME OF PRINTING



avoid the Chorizo as this is the highest kilojoule, fat and sodium content of all the protein options, and dodge the Chipotle Lime Cider Vinaigrette and the sour cream to reduce unnecessary fats.

- **Choose:** The best meal options to choose will be either the Crispy Corn or Soft Corn Tacos, or choose a Naked Burrito for a blank canvas to create your own healthy salad-based meal. When choosing your fillings, load up on salad options that will boost the nutrient and fibre content and stick to either the slow-roasted beef or pork as your protein. Mexican is never complete without a delicious salsa and the Onion and Coriander variety is a perfect choice.

GRILL'D

Although they claim to be all about 'healthy living and healthy burgers', some of the menu items would suggest the opposite.

- **Avoid:** All burger options here are offering upwards of 2200kJ and topping off at 3450kJ with The Mighty beef burger, which also contains 42g fat (almost 14g being saturated fat), 57g carbs (4 exchanges) and 1590mg sodium. We would also suggest skipping on the Sir Truffle burger, which has a huge 50g total fat, and the Vegan Cheeseburger, which contains more than 2500mg sodium, exceeding your daily allowance in one burger!
- **Choose:** If you are after a red meat burger, then stick with the Mustard & Pickled, which contains 2400kJ, 22g fat (10g saturated), 52g carbs and 1490mg sodium. Or, if you prefer a chicken-based burger, then the Sweet Chilli Chicken or the Zen Hen will be your best choices, both containing about 2300kJ, 18g fat (only 2g saturated fat) and 750mg sodium. Grill'd also has a few salads, of which we would recommend the Superpower Salad, which is super low in carbs and sodium, only 9g and 224mg respectively, but still contains considerable energy (2170kJ) and total fat (37g).

> **Any 'large' kebab will, of course, be a more indulgent option**

ALI BABA

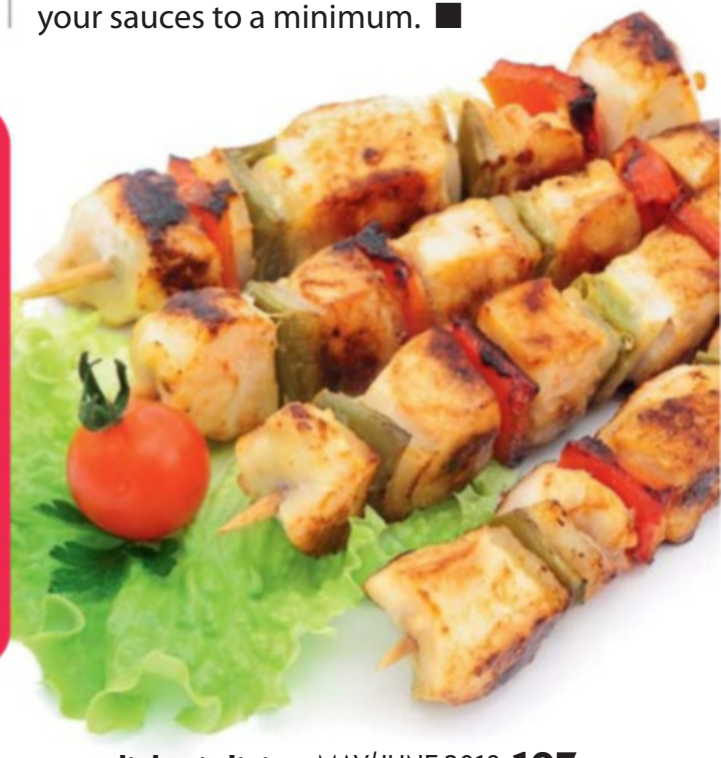
Ali Baba and similar kebab shops also allow you to pick and choose some of your fillings, as well as your kebab size. By downsizing and paying close attention to your fillings, you could find yourself with a perfectly healthy lunch option.

- **Avoid:** Any 'large' kebab will, of course, be a more indulgent option, but we particularly warn against choosing the Large Original Chicken Kebab, which contains a whopping 4200kJ (that's 50 per cent of the daily energy requirements of an average male adult), 50g fat (19g saturated), 81g carbs (7½ exchanges) and 2051mg sodium (51mg over your daily allowance)! In fact, best to avoid the Original Chicken filling in any of your kebab sizes or even your Kebowls (salad bowls).
- **Choose:** If you must have a large kebab stick to the Classic Chicken, which contains 2507kJ, 20g fat (6g saturated), 60g carbs (4 exchanges) and 1161mg sodium. Or, if we can persuade you to choose a regular size (or even a small kebab!), both the Classic Chicken or the Falafel will be good options. And remember to load up on extra salad fillings and keep your sauces to a minimum. ■

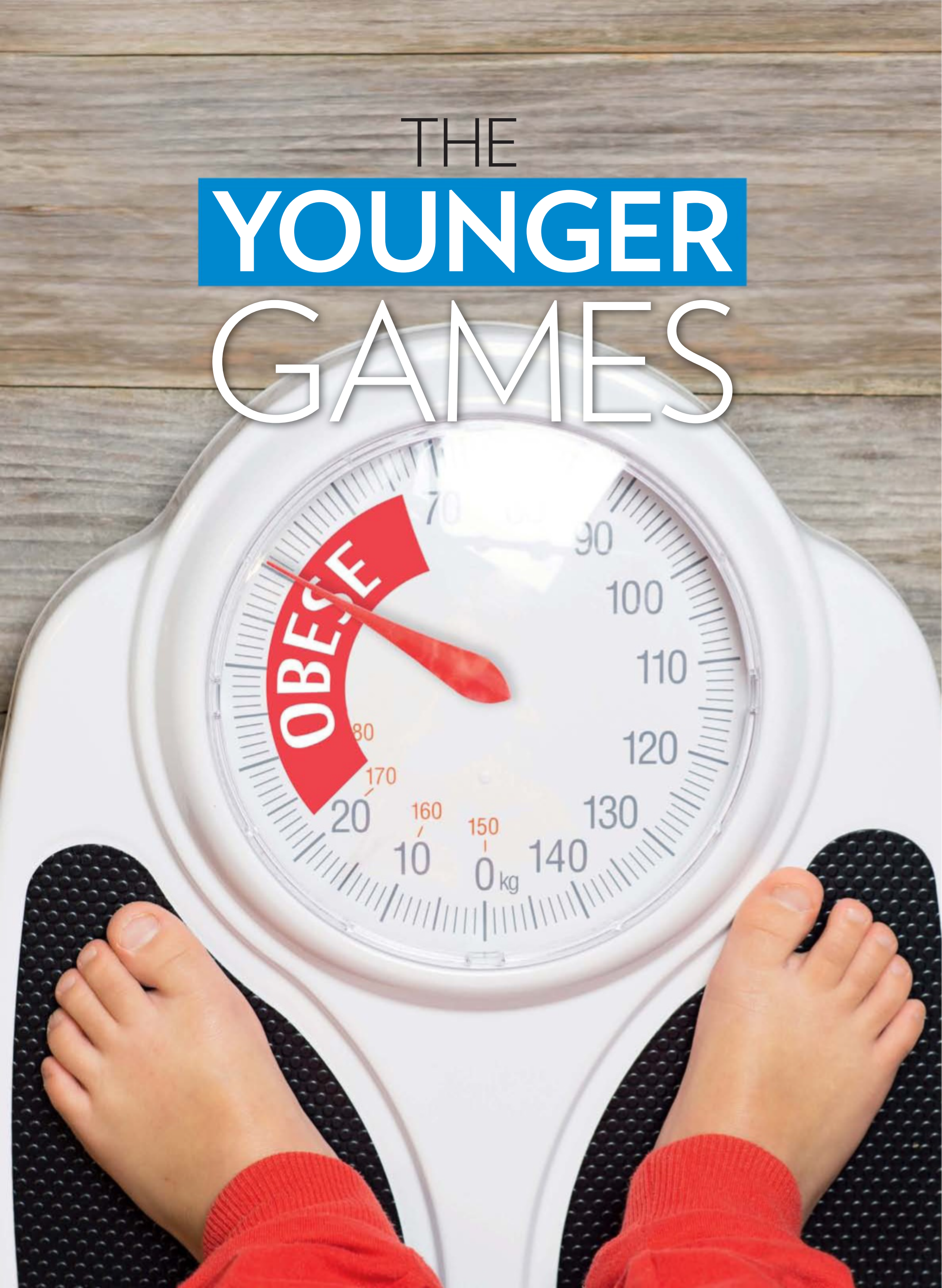
DOMINOS

It's easy to eat a lot of pizza, but it's important to remember that each pizza contains 8 slices and is designed to be *shared*!

- **Avoid:** Although America is well known for its pizza, we wouldn't suggest you choose from the Domino's New Yorker range, with each slice containing upwards of 1320kJ, 8-12g fat (with about 50 per cent saturated) and averaging 39g of carbs (2½ exchanges) and 640mg sodium.
- **Choose:** The Traditional, Premium and Value ranges on classic pizza bases tend to be relatively similar to each other in terms of nutrition. The pick of the bunch is the Traditional Veg Supreme on classic pizza base, with each slice containing 562kJ, 3.9g fat (only 1.4g saturated fat), 19g carbs (1½ exchanges) and 254mg.



THE YOUNGER GAMES



Australian children and teenagers are being diagnosed with type 2 diabetes at an alarming rate. Find out why experts are so concerned, and how you can help your own kids avoid becoming a statistic

According to the Australian Medical Association, children as young as seven are developing type 2 diabetes, a disease that can result in kidney failure, blindness and the need to have a limb amputated just 10 years after diagnosis. So, for a seven-year-old child with type 2 diabetes, life would look very different by the time they turn 17.

Even though Australian Institute of Health and Welfare (AIHW) figures show 92 per cent of diagnoses still occur in people aged over 40, a 2017 study reports that, during the next 40 years, type 2 diabetes in children and adolescents is estimated to rise to be four times the current rate.

Rewind three decades and it was a very different story. Back then, type 2 diabetes went by an entirely different label: adult-onset diabetes, because in the past it was only seen in middle-aged or older adults.

But in the '90s, researchers began to notice a worldwide shift as more and more young people started to develop it. A name change was needed and the image of a typical type 2 patient had to evolve.

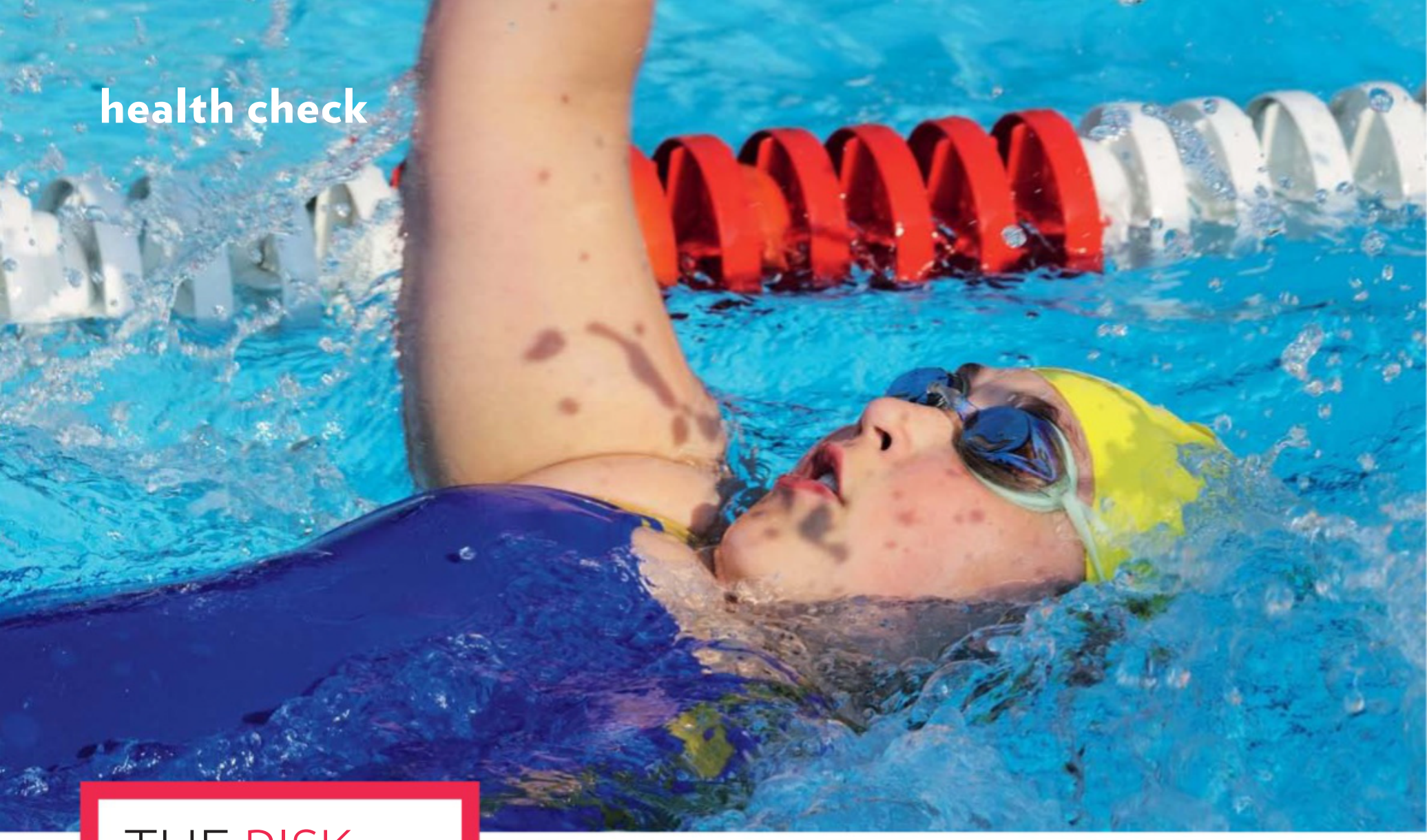
Here in Australia, it's thought about 150 new cases of type 2 diabetes are diagnosed in children and teenagers on average each year, although some experts believe there could be 10 times that number flying under the radar.

"Like much of the world, the incidence of type 2 diabetes has shifted to the left in Australia, so that there's now a trend for it to be diagnosed at a much earlier age," says Australian Diabetes Society chief executive officer, Associate Professor Sof Andrikopoulos. "A combination of sedentary lifestyles and the increased consumption of energy dense foods means more of our young people are overweight or obese, which is effectively pushing fast forward on how early in life some are being diagnosed with type 2 diabetes."

Children from certain population groups have a higher risk of becoming a statistic than others, due to a combination of genetic and socioeconomic factors. The AIHW found indigenous children aged between 10 and 14 are eight times more likely to have type 2 than their non-indigenous peers, while among indigenous teens aged 15 to 19, the incidence is four times higher.

An aggressive disease

While type 2 traditionally has a reputation as being a milder disease than type 1, Lady Cilento Children's Hospital director of endocrinology Professor Jerry Wales says the tables turn when the former is diagnosed early. "If you're diagnosed with type 2 before the age of 20, unfortunately your outlook is much worse than for someone living with type 1 diabetes, and even many childhood cancers," he says. ➤



THE RISK FACTORS

In Australia the children and adolescents who are most at risk of developing type 2 diabetes are those who are overweight or obese and have any two of the following:

- **Blood relatives with type 2.** Australian research not only shows that a family history of diabetes means as much as six times the risk of developing the disease, but that type 2 develops earlier in families where there are more cases of the condition.
- **Signs of insulin resistance** that have been diagnosed by a doctor.
- **An Aboriginal or Pacific Islander** background. That can increase a child's risk of developing type 2 by up to eight times. Other high-risk ethnic groups include Maori, Asian, Middle Eastern, North African and Southern European.

Not only are the effects of type 2 typically more severe when it occurs in children and teenagers, the risk of complications is greater and treatment is more difficult, so the 'lifetime costs' are significantly higher, compared with people who develop type 2 later in life. Research conducted at Australia's Baker Heart & Diabetes Institute last year shows that a younger age at diagnosis of type 2 diabetes means a 30 per cent greater risk of death from any cause, and a 60 per cent greater risk of dying from cardiovascular disease, compared with people who develop the disease 10 years later.

"In part," says Associate Professor Andrikopoulos, "this is because the earlier you develop type 2 diabetes, the longer you're exposed to it and the adverse effects that can go hand in hand with it, such as hyperglycaemia, which we know can cause all sorts of complications."

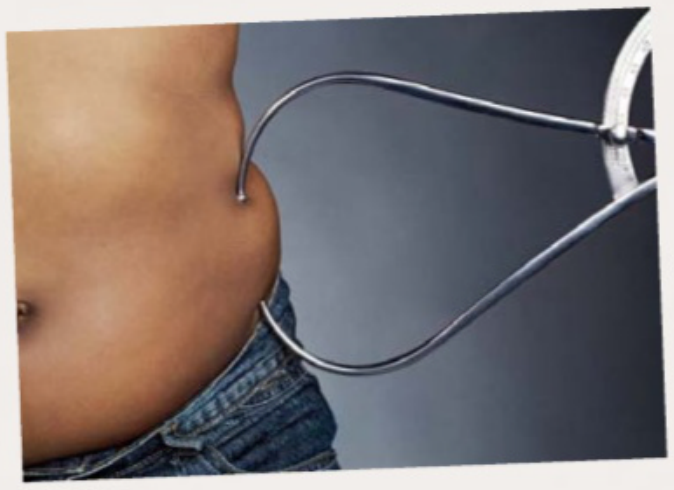
But type 2 that develops in childhood or adolescence is also known to simply act differently compared with the later-onset variety or type 1. A 2016 study confirmed exactly that. People who developed early onset type 2 had a much greater risk of life-threatening kidney problems and the nerve complications that can lead to amputation, as well as shorter life spans, than people who became diabetic when they were middle aged, regardless of how many years they had been living with the disease.

"It's an extremely aggressive disease," says Professor Wales. "Young people with type 2 often already have diabetes-related complications, such as kidney damage, as well as comorbidities like high blood pressure, when they're diagnosed."

Diet and exercise can help alleviate the risk

Put a plan in place

At whatever age it occurs, type 2 is a consequence of a complex interaction between genes and the environment. Luckily, there are things you can do to help control, or at least minimise, the influence of both for your children. The following steps are a great place to start.



1 Know the risk factors (see opposite). "The good news," explains Associate Professor Andrikopoulos, "is that even in children who are considered to be at a significantly increased risk of developing type 2 diabetes, it's not inevitable that they will – or, at the very least, that they can't delay its onset until later in life." Research supports that while at least 40 genetic risk variants for type 2 have been identified, the function of about half of them can be modified by adopting healthy lifestyle habits. In fact, studies show that those same healthy lifestyle habits can reduce the incidence of type 2 by nearly 60 per cent in people who are in the high-risk category.

2 Encourage an active lifestyle and a healthy weight. "It's really important that children and young people do enough exercise, and that they're free of any weight issues," says Professor Wales. "Bearing in mind that while it's being obese that can increase the likelihood of type 2 diabetes for at-risk non-indigenous children, simply being overweight is a risk factor for indigenous children."

While AIHW figures show more than a quarter of children aged five to 17 are either overweight or obese, the results of a 2015 Australian study suggest that 50 per cent of parents whose children are above the healthy weight range don't recognise or acknowledge that they're carrying too much weight. How to check?

Currently, body mass index (BMI) is the standard tool to assess excess weight and obesity in children but, unlike adults, where age doesn't need to be accounted for, a child's BMI will depend on their age and stage of growth. Because of this, for anyone under 18, it's essential to use a BMI calculator that's designed for children and teenagers (like the one you'll find at pro.healthykids.nsw.gov.au/calculator), rather than an adult BMI calculator.

When it comes to exercise, while a study released in early 2018 found 66 per cent of Australian children aged under five aren't active enough, AIHW figures also show that 80 per cent of those aged five to 17 aren't doing enough physical activity to meet recommendations, either.

Official physical activity guidelines recommend that children aged one to five should spend at least 180 minutes a day doing a variety of physical activities, and that ages five to 17 should do at least 60 minutes of moderate- to vigorous-intensity physical activity every day.

3 Know the symptoms. While 40 per cent of children who have type 2 don't display any signs or symptoms, there are some key things you can look out for. "Apart from carrying too much weight, weeing and drinking a lot more than usual are common diabetes symptoms," says Professor Wales. Acanthosis, which is a dark patch or band of velvety feeling skin on the back of the neck, armpit, groin or elsewhere, can also be a warning sign that a child is on the path to getting type 2 diabetes, and may require treatment.

4 If you're worried, see your GP. "The main thing to remember is that early diagnosis of type 2 diabetes is really important, because it's not good health wise if it's left unrecognised," says Professor Wales. "That's when the damage can set in, before treatment can even have a chance to take effect. Plus, the tests to diagnose type 2 diabetes are really simple, so if you're concerned about your children, see your doctor as soon as possible." ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

‘The last thing I saw was my *wife’s face*’

TYPE 2

Neil Hansell, type 2, went to bed one night with normal vision. When he woke up, the world had turned dark

When I woke up one morning four years ago, everything was black.

I couldn’t see a thing.

I thought, ‘Maybe I haven’t actually woken up yet? Maybe I’ll lay here a little longer…’

But after some time, I woke my wife Dearne and said, “Look, you better get me to the hospital. I can’t see. Everything’s totally black.”

Let me go back to the beginning…

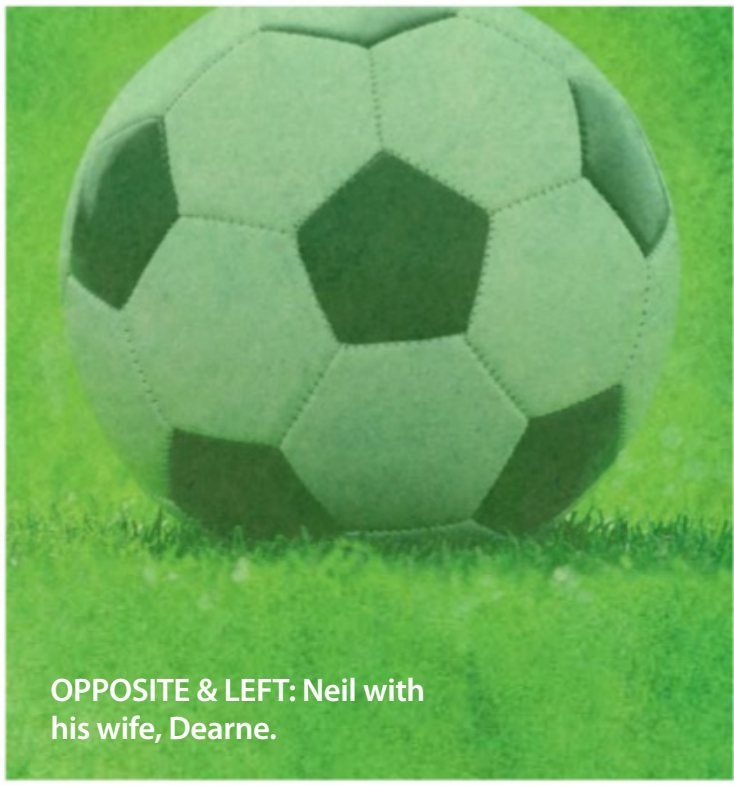
Approximately 30 years ago, when I was in my early 20s, I was diagnosed with insulin-dependent diabetes. We believe I’d had diabetes for longer than that, but that was the first time someone had picked it up.

But it wasn’t until the end of 2014 that everything started to change.

Although I was wearing glasses, I’d had no previous issues with my sight. This meant I didn’t get my eyes tested as often as I should have. Despite people telling me to get them checked, I just never took them seriously that I could possibly go blind. But waking up to absolute darkness is the most horrifying thing you could go through.

Losing your vision means you can’t do the simple things in life – like seeing a baby smile. Things that you were once passionate about, you can’t do anymore. I was very, *very* passionate about coaching soccer, cricket, football and athletics, but you can’t coach if you can’t see an athlete. It’s that simple.

The doctors found massive bleeds behind both of my eyes, caused by my diabetes – it was one of those things where it all happened in one hit. This was followed by a silent heart attack – a heart attack without any pain or noticeable symptoms – which killed the blood vessels in my left eye completely, meaning there’s no vision out of my left side at all anymore. While my right eye also fell into darkness from the bleeds, after some time I began to see black and white again. It’s blurry, like looking at shadows, which makes things pretty bloody difficult to be honest with you, but it is something.



OPPOSITE & LEFT: Neil with his wife, Dearne.

Into a dark place

When I first lost my sight, I fell into a dark place that was heavily driven by the depression associated with the drastic change to my life. Two years after first losing my sight, I participated in a *very* emotional interview for a documentary on diabetes and vision loss. That night, after I had opened up about my experience, I went to sleep seeing black and white, and woke up the next morning to find I could see colour out of my right eye again!

My healthcare team believes I had been suppressing my emotions, which created a mental block, causing the black and white vision. Through talking to someone who had been around other people dealing with the same issues I was struggling to come to terms with, and through simply getting it all off my chest, my brain began to think: '*Hang on a minute, we can do a little bit better than what we're doing*.' To the point where, if I get right up in someone's face, I can actually make out who they are!

Everything is still blurry, but what I've got at this very moment is a little gateway – ➤

and I'm enjoying every single minute of it. I know eventually it will go completely, because there's just too much damage to my eyes – but I'm not wasting any of it, I can assure you!

Without family, I wouldn't be alive today

My grandmother gave me the inspiration to pull through and get my life back on track. She was both blind and deaf, yet she cooked, cleaned and raised seven kids. She would also submit crochet and knitted pieces into shows, and would win first prize every time! Although I was depressed, all it took to change my perspective was going to bed one night thinking about how amazing she was and that '*If she could do that in her 60s and 70s, then I can do what I need to do.*' When I woke up the next morning, I said to Dearne '*We can do this.*' And we've done it ever since.

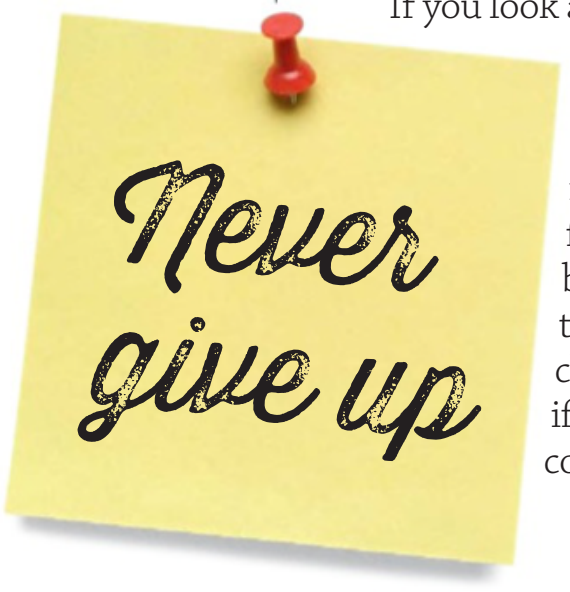
Through all of it, from the very beginning, my wife has been my absolute rock and the rest of my family has come along for the ride. Even my grandkids! They've learnt what's wrong, what's happening and how they can help me. Whenever we go anywhere, they will take me by the hand and lead me, telling me where there's gutters or to watch out for a tree or a branch, for example. Without them being by my side from the very beginning, I honestly would not be alive today.

It's not just the tremendous support of my family that has kept me afloat, but the support of my work colleagues and the company, which allowed me to come back to work. My team reset the workshop to a point that I can continue to safely and efficiently build light machinery, such as cement mixers. For the first 12 months or so, my wife came to the workshop with me, guiding and talking me through the different bits and pieces to help me get back into the rhythm of things.

Have the gumption to do it

It does take a lot to stick your hand up and get going again, but for me, it was everything. Absolutely everything. As I said, I may not be alive… that's how important it was for me to get back into everything as soon as I could. And, with the support of loved ones and having the gumption to get up and do it, it *can* be done!

Unfortunately, for a lot of people, the depression bites when life gets hard and takes a turn in a direction you could have never foreseen. Once it hits, it is *very* hard to make that first step to get out of that dark spiral you find yourself trapped in. You have to dig deep within yourself to find the right frame of mind and that can-do attitude, to fight for that first step – otherwise, the darkness consumes you.



If you look after yourself, doing as you're told – even if you feel invincible – and following the books (keep that 12-month check-up!), if there are complications

OPPOSITE FAR LEFT: Dearne and Neil with their grandchildren. OPPOSITE RIGHT: Neil at work. LEFT: Dearne and Neil.

from your diabetes, you can catch it early. I know I did the wrong thing and I know I needed the kick in the arse for it – and trust me, I get it *every single day*.

There's more complications

Having been a diabetic for 30 odd years, it's only been in the last four or five years that I have begun seeing the complications of my diabetes. The first was the loss of my vision, but since then I have also begun experiencing problems with the circulation in my feet – I'm now always covered in ulcers on the lower half of my legs, my feet and even my arms, due to the circulation issue – depression from all of the above, but especially so when I'm having a run where I can't get my diabetes under control, and quite a number of other complications, too.

Even more recently, I had an infected blister on my foot – from a shoe that was a little too tight – and although the blister was being treated, it had already caused the bone in my foot to weaken. As I stepped out of bed one morning, I realised I could no longer stand on it. X-rays showed a broken bone and further tests showed the spread of the infection. My little toe has since been amputated this year, along with the metatarsal bone. Unfortunately, it's not healing as well as we hoped, so I may have to go back for more, but for now, we are simply taking it one day at a time.

It doesn't matter who you are, if you have diabetes and do not take it seriously, there is a chance you will face complications down the track – some more severe than others.

Although some people are more susceptible to it than others, diabetes does not pick who it wants to attack. If you're going to get it, you are going to get it. But if you do find yourself in a place where your diabetes is consuming you, or you simply do not know what to do, find someone who has lived through it or is living through it and talk to them.

They have not learnt about their diabetes from books or movies. They have learnt everything they know through their own personal experiences. They are able to walk you through it without sugar-coating the tough parts, and they will tell you that you *can* do it if you put your mind to it. And that's the most important thing: putting your mind to it.

> **Find someone who has lived through it**

All that's left

On top of that, your senses are a very valuable thing people often take for granted. To be honest, you just don't know what's going to happen with your sight, ever! One day you can see everything clearly and just like that... it's gone.

My beautiful wife's face, in those last minutes before we went to bed, was the last thing I ever saw clearly – and I can still visualise it in my mind every day. After that moment, everything is blurry. The only thing you can do with that final visual memory is to cherish the crap out of it.

That's my last 100-per-cent clear vision and I'll be holding onto that precious memory until the day I die. ■

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY HANSELL FAMILY, GETTY IMAGES

Here’s an eye-opening fact.

Diabetes is a leading cause of preventable blindness. About 1.3 million Australians with diabetes are at risk. Sign up for regular eye check reminders and never lose sight of future appointments. **Visit keepsight.org.au today**

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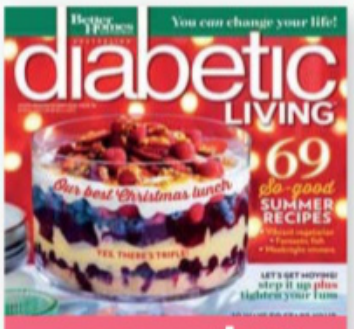

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‘I’m busy. I’m not always perfect at managing my diabetes’

TYPE 1

Prachi Paranjape spent her early days with type 1 in India, when resources and understanding were limited

How long have you had type 1?

I was diagnosed almost 20 years ago. I was living in India, and enjoying holidays after finishing high school. I’d lost a terrific lot of weight, even though I was hogging on food. I was picking up infections and tired all the time. Most of my family are doctors, so they organised tests. When the doctors talked to my parents about family history, I learned that two of my grandfather’s siblings had died – at 16 and 20. We realised they might have had undiagnosed diabetes. I was 18 at the time so hearing that was quite difficult.

How did you react to the diagnosis?

The first thing I did was research insulin. I had mixed emotions – grateful that insulin meant I could live, but also unhappy because living with limitations needing to be organised sounded very daunting. I was worried I might not be able to go out as much, or go hiking, but the idea of injecting myself didn’t worry me at all. I did that for myself right from the start. Every year I celebrate the date I gave myself that first shot of insulin.

Strip tests weren’t available in India back then, so I was expected to go to a laboratory at least twice every day to have my blood sugars monitored. I had moved out of home to start university and couldn’t manage that with my study. My dad made a graph to help me work out how much insulin I should be taking. Then I did two readings at the laboratory every three days and adjusted the doses according to where my blood sugars were on the graph.

My diet also changed a lot with moving out of home, so the first few months were quite troublesome. I was young and rebellious so when I was told not to eat pizza for dinner, I ate pizza for dinner.

Do you remember bad highs or lows?

My first low was very strange. I was trying to cross a road when there was a bus approaching – I just didn’t register that a bus was coming. A friend dragged me from the road, fed me chocolate and soon I was okay. I remember going low in an exam once, too, and I couldn’t write at all.

I used to go a bit high before exams, because I studied at ➤

LEFT: Prachi and her son Vihaan.
ABOVE: Prachi, her son and her parents.
RIGHT: Prachi when pregnant.

odd hours. When I go high, I tend to feel really tired and sleep a lot. It's a struggle to keep my eyes open.

Did having doctors in the family help?

My dad and his doctor friends have always looked out for options to make my life easier. When strips for blood glucose tests became available, about two years after my diagnosis, they ordered them from abroad. About a year after that, they got me my first glucometer.

I had very bad control of my blood glucose levels when I fell pregnant with my son, so they thought I'd manage better with a pump. I was very careful then. I was testing my blood glucose levels every two hours – day and night – so it wasn't really a joyride, and I was strict with my diet. I had a problem with the cannula, so my baby boy was delivered early, but he turned out fine.

When I moved to Australia in 2014, I took a photo of all of the devices I had used – syringes, air pumps with aerosols. Things have changed so much over time.

So you're not using a continuous glucose monitor with the insulin pump?

No. I don't like the idea of having two cannulas. Even with just one I have to tell my six-year-old son to be careful not to knock it. I don't like that. I want to play with him and have spontaneous fun together while he is still young.

Any tips for others with type 1?

I'm busy working, studying and being a mum, so I'm not always perfect at managing my diabetes.

In Australia, I love eating food from different cultures, like sushi and kebabs, and being spontaneous, which can make it a challenge to get the carb count right. However, I've noticed a real change in my blood glucose levels since I've started eating Betaglucare. It's like an oat-based cereal. I don't like the taste of oats, but I quite like the taste of this when I sprinkle it over yoghurt. I have it every second day, dividing a sachet into two and having half in the morning and half in the afternoon.

> **When I go high, I tend to feel really tired... It's a struggle to keep my eyes open.**

Since I started eating it, my blood glucose is consistently lower – around six – when before I was a bit over seven.

What are you studying?

It's a Masters bio-research degree and I'm trying new approaches for blood glucose monitoring as it may simplify life for future diabetics. Every time I step out of home, I need glucose, a glucometer, a phone and emergency ID. It's a subject close to my heart because I live with it every day. ■

WORDS HEATHER WISEMAN **PHOTOGRAPHY** SUPPLIED BY PRACHI PARANJAPE, GETTY IMAGES

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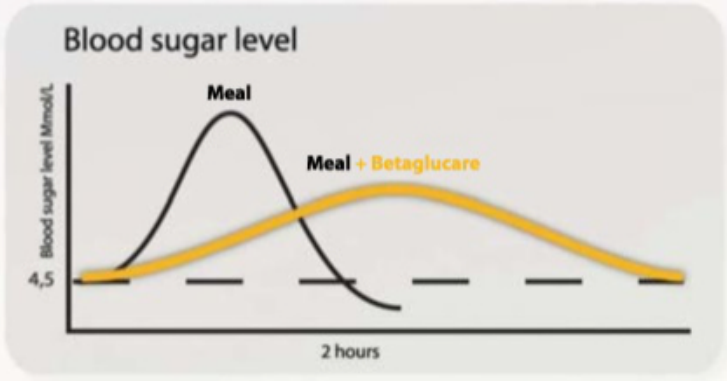

HOW DO I CONSUME IT?

The crispy oat hearts are ideal as a breakfast on it's own with milk or you can add fresh fruit, yoghurt or your favourite breakfast cereal. It's a low GI food in itself.

The powder is easy to add to your favourite smoothie. You can also mix it into a fruit juice. It's ideal to have with lunch or dinner to reduce blood glucose levels after meals.

HOW LONG UNTIL I SEE RESULTS?

For blood glucose reductions simply test yourself after the meal to see the difference, remember you need to consume Betaglucare before and with the main meal.

Cholesterol reductions take 8 to 12 weeks with daily consumption at which point we recommend a blood test and consultation with your doctor. Betaglucare added to your diet is an effective way to reduce LDL cholesterol if you are borderline in going onto medication.

Remember you must continue consuming it ongoing as part of a daily routine.

Betaglucare®

Reduces LDL cholesterol*

* When eaten daily in the required quantity of 3g as part of a healthy diet low in saturated fat

Reduces blood glucose levels after meals**

** When 4 grams of beta-glucan is consumed along with 30-80 grams of carbohydrates.

Available from leading Pharmacies or visit www.betaglucare.com.au

For a FREE SAMPLE* email us at info@gatewaybrands.com.au with the words Diabetic Living in the subject title to request a sample of hearts and powder along with your postal address details. *while stocks last

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LET'S GET FUNCTIONAL

Improve your strength, stamina and balance in just 10 minutes

Being active is at the core of managing diabetes. But first, we must be able to move – and enjoy doing so! And that's where functional fitness comes in. These exercises mimic everyday movements to build strength, stamina and balance for real-world activities you enjoy. Plus, they promote stability to prevent injuries, so you can feel good and incorporate more movement into your life (something all of us could use). Best of all, this routine takes just 10 minutes and uses ordinary household items – no gym required.

The goal

Aim to do this functional-fitness routine 3-4 times per week. These movements are a lot like walking – they activate and tone muscles, but don't leave them exhausted – so you can do them on most, if not all, days of the week. Remember, if you have just 10 minutes, you can fit it into your day.

Your game plan

PREP Wear comfortable clothes and shoes, and clear your floor area. Grab a sturdy chair, a pillow and a timer or a stopwatch. (Keeping an eye on a clock with a second hand also works.)

WORKOUT Start your timer and keep it running as you move through this workout. For each exercise, do the movement as many times as you can in the time allotted. For moves 3 and 4, hold the position for as long as you comfortably can until time's up. Keep in mind: *more is not always better*! Focus on the quality of each movement and on moving through the full range of motion as best as you can. Need a break? Take a few breaths and see if you can do a few more reps or hold the position for a little bit longer until time's up. After each exercise, rest for 15 seconds before moving on to the next one.

MAKE IT HARDER: Trade the pillow for a 2kg weight.

CHAIR SQUATS

45 seconds

1 Hold a pillow to your chest and stand in front of a chair as if you were about to sit down. Place your feet slightly wider than shoulder-width apart, with your toes pointed slightly outwards, and engage your core (as if bracing for impact) (A). Keeping your eyes forward and your chest up, push your hips back and down until you feel yourself at the chair's edge (B). Without sitting, drive through your heels to push back up to standing (A).

SHOULDER CIRCLES

45 seconds

2 Stand tall and, keeping your arms slightly bent, hold the pillow straight out in front of you, at eye level (A). Keep your arms straight and circle them to the left and down, dropping the pillow below your belly button (B). Bring your arms around to the right and back to the top to complete one full circle. Pause at the top (A) and change directions, performing one full circle, this time starting to the right. Continue alternating sides. ➤

MAKE IT HARDER: Trade the pillow for a 1kg weight.

Need more of a challenge?

Try the "make it harder" moves, do the circuit two or more times, or add a weight that is reasonable for you. For a real free weight, save an empty milk container and add water. A 1L carton of water is equal to a 1kg weight.

MAKE IT HARDER:
Alternate lifting each leg off the ground, with heels reaching to the ceiling.

PLANK

1 minute

3 Stand in front of a chair facing the seat. Lean forward and choose a comfortable position for your hands, with your palms either on the seat or wrapped around the edges for greater security (as shown). Engage your core to protect your low back and gently walk your feet out to create a straight line from your head to your heels (A). Hold there.

SINGLE-LEG BALANCE

30 seconds on each side

4 Stand next to a chair with your inside hand resting gently on the chair back. Engage your core, plant your outside foot firmly on the floor, and lift your inside foot behind you (A). Hold there.

MAKE IT HARDER:
Try placing just one or two fingers on the chair for balance, lifting your hand off the chair for a few seconds, or taking your hand off the chair completely.

Safety First
Protect your wrists when doing planks and push-ups by focusing your weight and strength into your shoulders and upper arms.

CHAIR PUSH-UPS

45 seconds

5 Place a chair against a wall, facing away from you. Place your hands shoulder-width apart on the chair back. Point your elbows out and bend them slightly. Engage your core and walk your feet out to plank position, creating a straight line from your head to your heels (A). (If you are not comfortable with your feet this far back, move them closer towards the chair.) Keep your body in a flat line as you bend at the elbows and lower about halfway down (B). Press back up to the start (A).

MAKE IT HARDER:
Lower more deeply into the push-up, stopping when your elbows are at a 90-degree angle. Or, do this move with your hands on the seat of the chair.

WORDS MICHAEL LYNCH **PHOTOGRAPHY** MARTY BALDWIN

SIDE LEG LIFTS

30 seconds on each side

6 Stand next to a chair with your inside hand resting gently on the chair back. Grip a pillow in your outside hand and extend that arm out to the side (A). Engage your core, plant your inside foot firmly on the floor, and lift your outside leg out to the side until it is under the pillow (B). Then lower your outside leg, just grazing the floor.

MAKE IT EASIER: Don't lift the pillow up quite as high.

MAKE IT HARDER: Hold your lifted leg at the top for three-Mississippi counts before slowly lowering it.

MAKE IT HARDER: Slow down each raise or hold your knee at the top for three-Mississippi counts before lowering.

KNEE RAISES

45 seconds

7 Stand with your feet shoulder-width apart and point your toes out slightly for balance. Hold the pillow straight out in front of your chest with your arms slightly bent (A). With control, lift your right knee until it makes contact with the pillow (B), then lower it back down to the start position (A). Alternate raising your right and left knees.

MAKE IT HARDER: Hold your lifted hip at the top for three-Mississippi-counts before slowly lowering.

HIP RAISES

30 seconds on each side

8 Stand next to a chair with your inside hand resting gently on the chair back and your other hand on your hip. Bend your inside knee to bring that foot behind you. Keeping your torso upright and your core engaged, gently lower your inside hip 5-8cm (A). While keeping your outside hip still, use the glute (butt) muscles of your outside leg to lift your inside hip up slightly higher than your starting position (B). Lower back down. ■

YOUR morning routine

Implement a morning makeover so getting out of bed will be a little less rough

Do you dread getting out of bed every morning because of what lies ahead: finger pricks, medicine dosing and other diabetes-care tasks... Try these relaxing habits to transform your mornings from stressful to soothing.

Awake to soothing sounds

Does your alarm sound like an air-raid siren? No wonder you hate mornings. "That type of alarm will engage your fight-or-flight adrenaline system," says Darria Long Gillespie, author of *Mom Hacks*. Translation? Stress. Instead, replace that annoying alarm with something more pleasant, such as nature sounds or soothing music.

Stretch it out

Doing a stretch first thing can put your body – and mind – in a good place. Try a wide-kneed child's pose, suggests Jessica Bellofatto, founder and director of JBYoga and SUP in New York. Start by kneeling on the floor with your knees wide and big toes together. Slowly sit back onto your heels. As you walk your arms forward, lower your torso between your legs. Extend your arms as far as you comfortably can while keeping your hips back and down. Stay here as long as you'd like.

Top Tip
Skip the annoying alarm and use an app to wake to soothing sounds or music.

Set a mantra

Whether it's a phrase of gratitude or something like 'I'm excited for what the day will bring,' a mantra can help set a positive mood for your whole day. "Your brain is wired to notice the negative first – it's an evolutionary holdover from when our ancestors had to wake up and watch out for bears and tigers," says Long Gillespie. Write your mantra on a Post-it note and put it somewhere you'll see it first thing, like your bathroom mirror, fridge door or next to your key bowl.

Look outside

Bright daylight resets your body clock and shuts down the release of melatonin. Bonus? "Not only does it make you more energised in the moment, you'll also have an easier time falling asleep at night," says Long Gillespie. While it's best to step outside, opening the blinds works, too, especially when it's cold out. ■

WORDS KAREN ASP PHOTOGRAPHY GETTY IMAGES

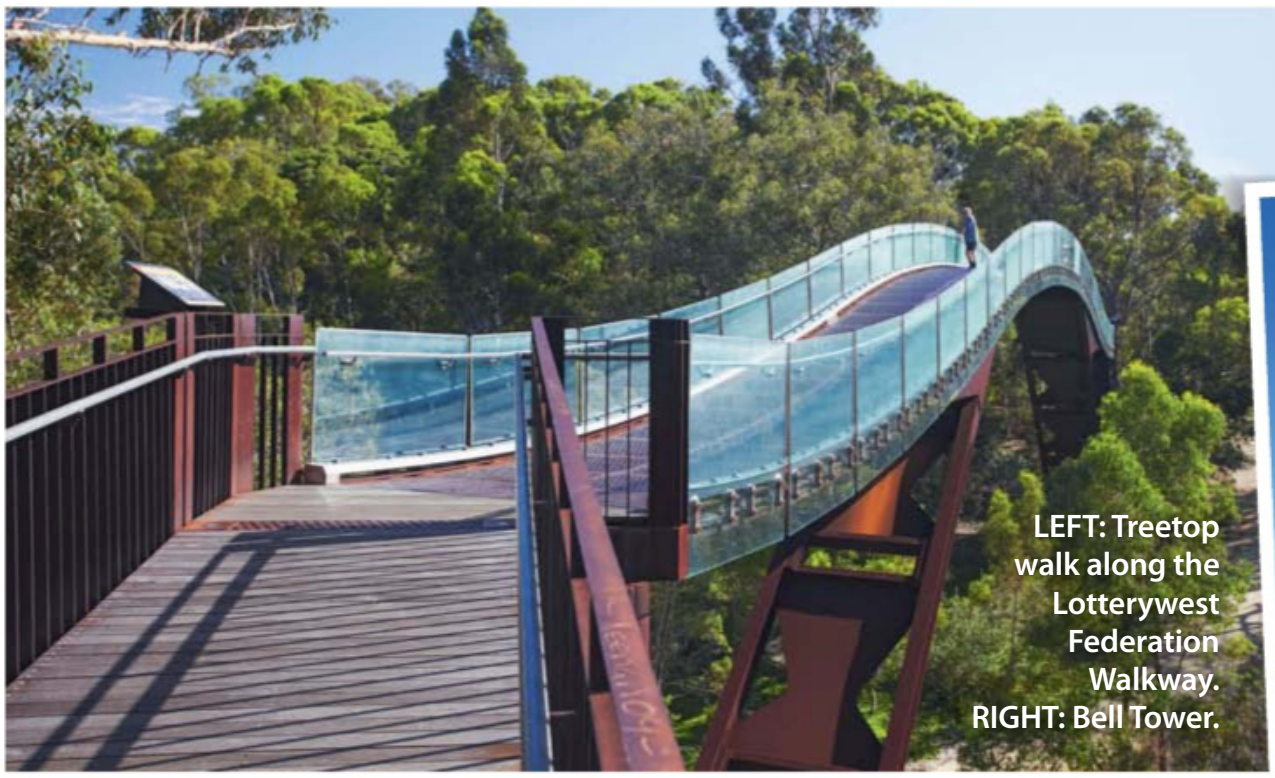
10,000 steps

ELIZABETH QUAY to MATILDA BAY

WESTERN AUSTRALIA

Grab your walking shoes and head into the city of Perth for an urban walk turned nature wonderland. Suitable for people with moderate fitness levels (due to some steep sections), there are endless options to be added or changed to suit your preference. Let's get walking!

The iconic Blue Boat House



LEFT: Treetop walk along the Lotterywest Federation Walkway. RIGHT: Bell Tower.

Start your journey at one of the largest musical instruments on Earth, Perth's iconic Bell Tower.

Encompassing 18 bells in total, the tower is home to 12 ancient bells – paid for in the early 1700s by the then Prince of Wales, later King George II – from St Martin-in-the-Fields, which is in Trafalgar Square in London.

Over time the heavy movement of this large set of bells caused the small bell tower in England to sway, causing damage. So in 1987, it was decided they would be melted down and recast into new ones. However, bell ringers in Australia made a deal, saving the old bells for a new tower in Perth – celebrating the nation's 1988 bicentenary – and, in return, supplying the tin and copper required to create new bells for St Martins. Accompanying these extraordinary bells are six additional modern bells. If possible, try to time the start of your walk with the ringing of these bells (check times on the website: thebelltower.com.au).

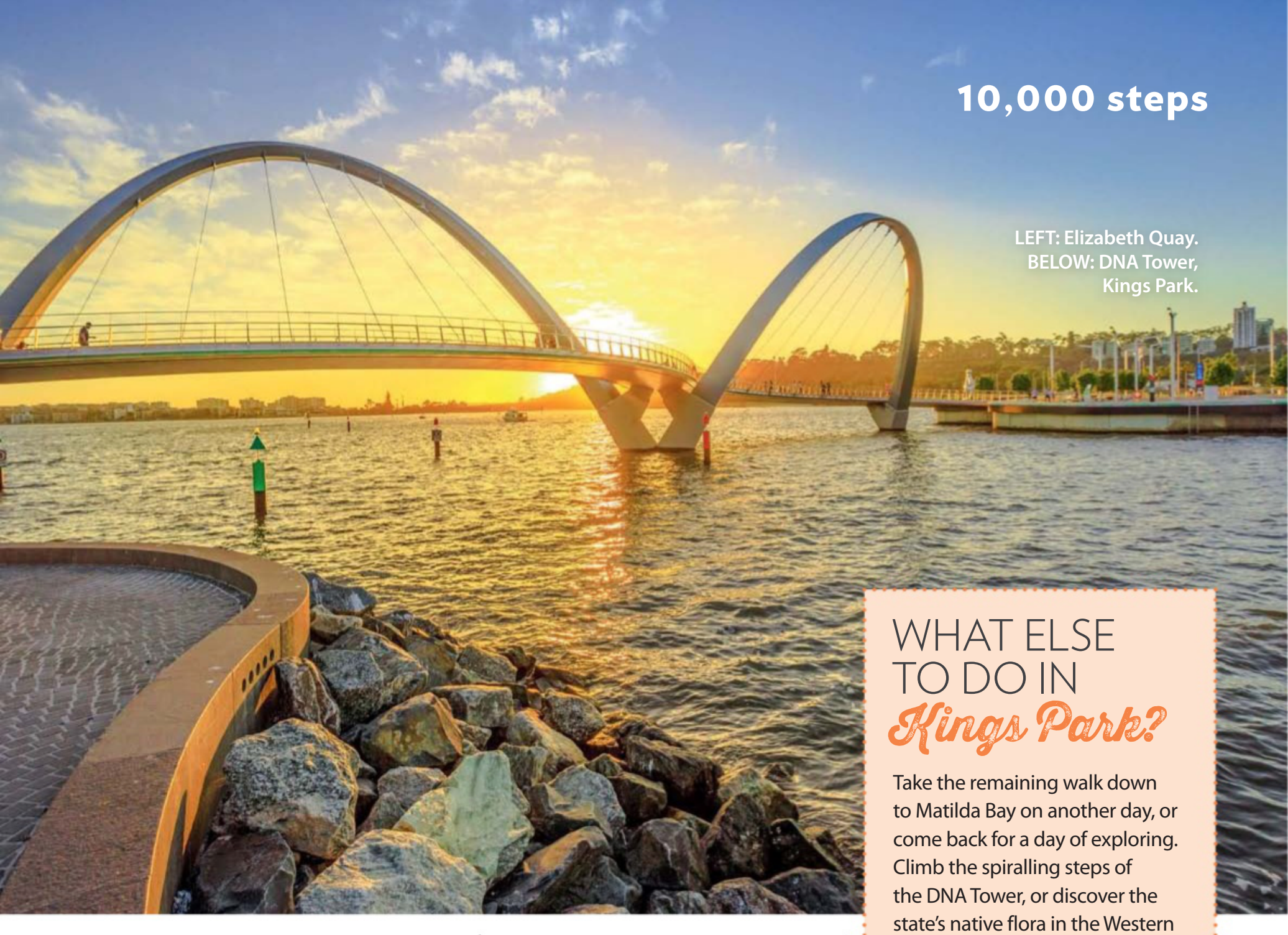
While here, explore Perth's waterfront precinct Elizabeth Quay, admiring (or crossing) the 20-metre-high suspension bridge and visiting the Signature Ring, featuring more than 200,000 students' signatures from across the state. The signatures were collected in 1999 to support the opening of the tower, and the millennium, and were once etched into more than 2300 tiles around the tower. Today, they are on copper plates that link to form a bronze ring.

Following the quay inland towards the city, you will turn left onto Mounts Bay Road, walking past the convention centre to Cliff Street, where you'll find the Health Freak Cafe at the foot of Kings Park. Stop here to enjoy a meal, before continuing on through the park.

With more than 400 hectares of cultivated gardens and untamed bushland, there is so much to see and do in Kings Park. Home to an incredibly diverse display of native wildflowers – most of them not found anywhere else in the world – Kings Park features remarkable views of the city skyline and the Swan River.

Kings Park with Perth CBD skyline.

Although previously explored, it wasn't until 1872 that a section of the land was reserved as a public park. In 1895, it was named 'The Perth Park', but upon the turn of the millennium and honouring the crowning of King Edward VII, the park was renamed Kings Park in 1901. Today, the Botanic Gardens and



LEFT: Elizabeth Quay.
BELOW: DNA Tower, Kings Park.

Park Authority continues to preserve the area, ensuring the sacred place and culture associated with the local Aborigines is maintained.

To get into this park, we present you with three optional routes from the cafe:

- **The first option:** head back, turning left, onto Mounts Bay Road. Then turn left onto Spring Street (this street has an incline), and left once again onto Bellevue Terrace. This route will take you into Kings Park to the Flame of Remembrance and Pool of Reflection.
- **The second option:** head up the steps of Jacob's Ladder, near the cafe. Well known to fitness fanatics, climb the 242 concrete steps (making sure you stick to the left to allow people to pass you in either direction) into Kings Park, continuing to the Flame and Pool. Note that this is the shortest route.
- **The third option:** and the most challenging (only follow this route if you want more of a challenge than the second option). Leaving the cafe, turn right onto Mounts Bay Road. Following the road alongside the Swan River, you will come across Kennedy's Fountain – a small stone structure, built in 1861, which provided Perth with its first public water supply. If you have reached The Old Brewery and Riverside Brewhouse, you have gone too far! Heading up the steps here into Kings Park, you will find yourself following the Kokoda Walk Trail. This path consists of 150 steep steps that will take you up 62 metres. To continue with the walk, turn right onto the footpath at the top to then make your way ➤

WHAT ELSE TO DO IN *Kings Park?*

Take the remaining walk down to Matilda Bay on another day, or come back for a day of exploring. Climb the spiralling steps of the DNA Tower, or discover the state's native flora in the Western Australian Botanic Garden. There are several trails you can explore varying in length and terrain. Most are on pavement, however, some trail out onto soft ground. To ensure the track you select is suitable for your mobility and fitness level, visit the Visitor Centre or bgpa.wa.gov.au/kings-park.

10,000 steps

LEFT: Gija Jumulu (boab tree). ABOVE: Flame of Remembrance and Cenotaph.

to the Flame and Pool.

The Flame of Remembrance (a symbol of honour and respect, with a continuously burning flame from the Canberra War Memorial) and Pool of Reflection (holding water from the world's five oceans) are part of the State War Memorial near the Cenotaph, where locals and visitors pay their respects. While here, take a moment to yourself, before admiring the view across the city and Swan River.

Follow Hacketts Path to the 36-tonne living boab tree that is named Gija Jumulu, after the traditional owners (the Gija people) of the land where it originates from – in Warmun, East Kimberley. This tree is more than 750 years old, stands 14 metres tall, and travelled 3200km from Warmun to its new home in Kings Park in July 2008.

After visiting this gentle giant, continue onto the Lotterywest Federation Walkway, which will take you into the treetop walk, including a glass and steel arched bridge elevated 16m above the ground and opening up to a breathtaking view across a canopy of tall eucalypts (sadly, you won't spot any koalas).

Once you've completed this walk, continue along the urban bushland trail named Law Walk, until you hit the Crawley Steps, which you will climb down until you reach Mounts Bay Road. Want to avoid the steps? Follow the walk to Park Avenue, turning left onto Kings Park Avenue (this is a steep hill), or to Crawley Avenue onto Mounts Bay Road.

From the steps you will find yourself at the iconic Blue Boat House, more formally known as the Crawley Edge Boatshed. Built in the 1930s it has been made famous by photographers and Instagrammers alike; and you will likely see people taking photos!

If you have completed your step count by now, congratulations! To head back to Elizabeth Quay, walk to the bus stop on the opposite side of the road to the Blue Boat House. Bus 107 will take you there directly – easy!

If not, or you want to carry on from the boatshed, you can continue past, crossing the road to explore the grounds of the University of Western Australia (UWA), or follow the waters along Matilda Bay, finding a nice spot to sit down and celebrate the accomplishment of your day. ■

Top Tip

Not sure which path to take? Head to the Visitor Information Centre (near the Flame) for a map of Kings Park. Alternatively, visit bgpa.wa.gov.au for a digital version of the map.

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 MAINTAIN A HEALTHY TICKER

According to the Heart Foundation Australia, heart attacks claimed, on average, 21 lives each day in 2017. That's 7813 lives in one year, in Australia alone. Of these, concludes the Baker Heart and Diabetes Institute's recently published 'No Second Chances' report, people with diabetes are at greater risk of an acute heart attack (2-4 times more likely) and heart failure (4-6 times more likely).

Regardless as to whether you have a disease or not, heart health is important for everyone. Doctors have long claimed heart attacks occur more frequently in cold weather, and a major Swedish study published in *JAMA Cardiology* confirmed this. Further data from the Baker Institute found for every 9-degree difference in temperature, the risk of heart attack increases by about 5 per cent.

Not only does the cold decrease artery function – movement of oxygenated blood from the heart to the body – it also brings flu season, making those who are already at risk of heart disease more vulnerable. Keep your heart healthy with these easy tips:

- **Eat seasonal fruit** (think grapefruit, oranges and kiwifruit) and vegetables and add these to stews, casseroles and stir fries for the perfect winter warmer.
- **Get active!** This is your chance to try yoga, bowling, dancing or even indoor soccer! The options for indoor activities are endless.
- **And, most importantly,** stay warm and rug up!

2 BEAT IT OUT

The next time you find your anger or stress building up, pull out a drum set or grab an empty bucket and start banging away...

Since ancient times, drumming has been used in religious rituals and ceremonies, sporting events and even therapeutically. Drumming is a universal language, free of words and concepts, that lets you literally drum out your feelings. This cardio workout will give your entire brain (and body) a workout, releasing feel-good endorphins, improving joint mobility and posture, and further distracting you from chronic pain.

A UK study published in *PLOS Cognitive Neuroscience: Disordered Cognition* (2016) concludes drumming reduces depression and anxiety over a 10-week span.

Get inspired to drum with the acclaimed international spectacular, the Royal Edinburgh Military Tattoo, which will be at Sydney's ANZ Stadium in October 2019. Set against the backdrop of a full-size replica of Edinburgh Castle, the show blends ceremony and military tradition, theatre and dance from the world's best-massed pipes and drums. For tickets, visit edinburghtattoosydney.com.au or ticketek.com.au. ➤

3 LET'S GET MINTY

Ever wondered why your first instinct with an upset stomach is to have mint lollies or tea? Peppermint has long been used for medicinal purposes – as far back as ancient Egypt – especially for muscle pain, headaches and digestive and skin problems. The herb (*Mentha piperita*) contains analgesic compounds which, in 2011, University of Adelaide Nerve-Gut Research Laboratory researchers concluded had the ability to "activate an anti-pain channel in the colon, soothing inflammatory pain in the gastrointestinal tract".

Although the most popular choice is tea, peppermint oil also has benefits. It may be effective in providing relief of itchy skin through diluted, pure, organic oil; managing stress, anxiety and mental fatigue via aromatherapy oils; and alleviating nausea with peppermint lollies.

For most of us, peppermint's effect is positive, but it may trigger reactions such as eye irritation, dizziness, mouth ulcers or a slowed heart rate.

Discuss any use of peppermint (whether oils, tea or lollies) with your healthcare team before adding it to your routine.

4 REACH FOR YOUR TOES

Have you ever found yourself wondering how people can comfortably touch their toes? Well, through determination, consistency and the right posture in training you, too, can touch your toes – and you'll reap the benefits long into old age, because it:

- **Improves flexibility and strength** in your hamstrings, back and shoulders, while also loosening up stiff hips. Overall, this will reduce lower back pain, create long, lean muscles that are less likely to

You can even do this stretch while you watch your favourite TV show, so there is no excuse not to!

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY THE ROYAL EDINBURGH MILITARY TATTOO, TERRYWHITE CHEMMART, GETTY IMAGES
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experience stress through strains and tears, and improve your range of motion.

- **Boosts balance** and coordination, reducing the risk of falling both in the short- and long-term.
- **Boosts circulation** through improved flexibility in the arteries. A study published in the journal *Heart and Circulatory Physiology* concluded the flexibility gained from toe reaches allows the heart to more easily pump blood around the body – decreasing the risk of cardiac problems and heart attacks.

WORKOUT

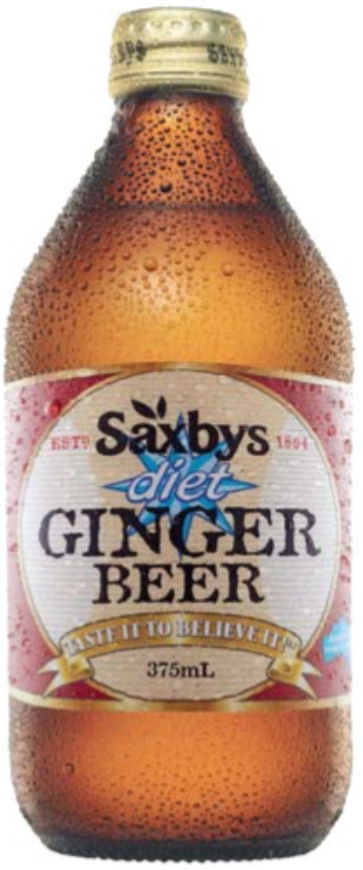
To get started (if you're not already warm), go for a brisk walk or a gentle jog on the spot to warm your muscles up, then take a seat on the floor with your legs stretched out in front of you and your back against the wall or the back of the sofa. With a straight back, lift up the hips. Your back should be flat, not curved – think of your body like a closing flip-phone (remember those?!). You should feel a gentle pull down your hamstrings. Through practising this stretch every day, you will reach your toes in no time!

5 HEALTHY HANDS

All it takes is an extra minute at each finger prick to get healthy hands and healthy readings. A study published in the journal *Diabetes Care* found those who failed to take precautions as simple as washing their hands with water before taking blood resulted in falsely elevated readings. To ensure your readings are accurate, take the time to clean your hands with soap and water, or with 24 Daily Instant Hand Sanitiser* ($9.99/1L) – a fast-drying, non-sticky formula with aloe vera and vitamin E. For those questioning hand sanitiser, a study published in the *Journal of Diabetes Science and Technology* concluded it does not affect your results – hooray!

After you've taken your reading, if you're not already in the habit, start reaching for your moisturiser to keep your skin hydrated. Dry skin has the ability to break easily, which creates an entry for bacteria to easily infect; and people with diabetes are more susceptible to this. Try 24 Daily Skin Lotion* ($12.99/1L) – fragrance free and suitable for all skin types – to stop dry skin before it even starts! ■

*Both products are exclusive to TerryWhite Chemmart.



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Check out these products. They make managing diabetes easier

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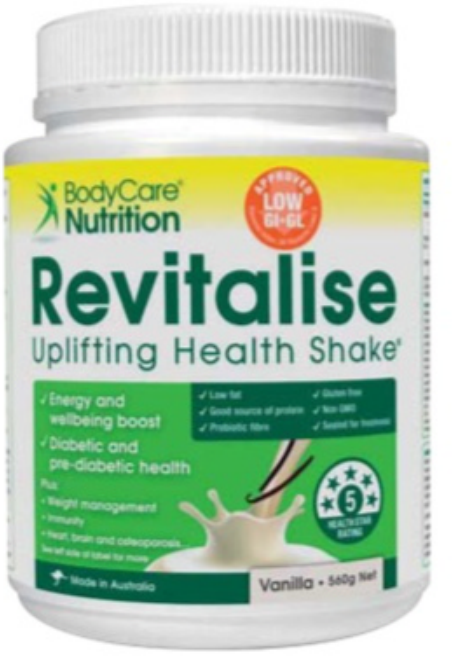

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KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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Alix

Alix Davis, **Editor**

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Perfect Mother's Day Gift

I'm in control

Our resident type 1 columnist, Rob Palmer, puts the latest insulin pump to the test — and comes away excited by its potential

It may seem trivial to someone whose body is clever enough to monitor and regulate its own glucose levels, but one of the many frustrating things I find about type 1 is the lack of control I have once the day is done and I shut down for as many trouble-free hours of sleep as I can manage.

We all try to meet BGL targets, and it's a happy bedtime if your BGL is 5, 6 or 7 – provided you haven't got insulin or a bedtime snack ready to ruin it. The cruncher comes when you wake up dry and busting for a wee with a BGL of 15 at 3am for no apparent reason. Or, if you have a CGM and a pump and the alarm wakes you to ask you to get a lid on your rising sugar. Sure, it's great to be notified, but uninterrupted sleep has just gone by the wayside.

Right now I am as excited as a six-year-old on Christmas Eve. The so-called loop of diabetes management is as close to closed as it has ever been. Tomorrow [at time of writing] I'll strap into the new Medtronic 670 pump. I'm yet to learn its powers fully, but am hopeful of diabetic Jedi status soon. The anticipation is epic and the thought of a device making subtle changes to insulin delivery, keeping my BGL stable as I dream of a world made of chocolate, is positive in the extreme. Stand by for a three-week assessment...

Week 1: Right. It's. Awesome. Albeit a little finicky at first. The pluses of the pump are immense and I can watch the mechanics of it, as it works, on the mini screen. It sees sensor glucose levels changing thanks to the link with the CGM and administers or withholds insulin accordingly. Basal or background insulin is now a thing of the past. This pump seems to act more like a normal pancreas than anything before it. I still need to tell it what I am eating, though, as sharp rises in BSL are too much for the pump to cope with without my instruction. I found the hardest thing initially was to let the pump run its race.

Week 2: I was so determined to see the pump work on its own I starved myself for two days just to watch it maintain a flat glucose line (we all know how satisfying they are). Also, it's really worth getting your carbohydrate count right. Use a carb count app such as CalorieKing to make sure what you tell the pump is, in fact, right and make sure your carb:insulin ratio is correct. When possible, give your pre-meal bolus 15 minutes to work before eating, too.

Getting the carbs wrong a few times was pretty frustrating at first, but you do adapt pretty quickly, and good communication with your diabetes educator is essential.

Week 3: I transitioned into a control over my sugar I have never had. I spent 85 per cent of my time in my target range after just two weeks on the 670 pump. Moving ahead I'm as optimistic as I've ever been about my new-found freedom and the opportunity and longevity it may provide. ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), MEDTRONIC, GETTY IMAGES

Boost your energy & wellbeing!

Plus lose weight for a healthier you…

Having a good quality of life requires healthy nutrition. Fortunately, an Australian dietician developed BodyCare Nutrition Revitalise. It is a Low GI multivitamin health drink to make living with diabetes easier. Here's how Revitalise has helped some people improve their lives…

More Stamina, Less Hunger!

"I have type II diabetes. I started using Revitalise as a pre workout early morning shake and oh wow, I have got stamina to keep up and I feel fantastic. So far I'm going well and I'm not even hungry after work outs. - M. D., Qld."

Energy Levels Up, Cravings Down!

"I am feeling the benefits of drinking Revitalise. My energy levels have definitely increased, which is lovely!

One week later: *I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. - Bernadette Heap, N.S.W."*

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assists in reducing tiredness and fatigue.

Plus, Revitalise is good for you in many other different ways…

Weight loss and weight management Carrying excess weight may change the way your body reacts to Insulin. Revitalise makes it easier for you to better manage your weight and even lose some weight. With Low GI foods, carbohydrates break down more slowly. This results in curbing any feeling of hunger. Also, the combination of Low GI and healthy levels of protein and fibre means Revitalise keeps you from snacking. Plus when used as part of a calorie controlled diet, Revitalise can help you lose weight.

Better managing your weight leads to better health

Convenient to prepare and fast acting…
Ideal nutrition for busy people on the go!

Lowers blood pressure and cholesterol Diabetes is a major risk factor for developing cardiovascular disease, high cholesterol and high blood pressure and may increase the risk of heart attacks and strokes. Revitalise is low in sodium and fat. It reduces blood pressure when part of a low salt diet. It also reduces bad cholesterol when part of low saturated fatty acids diet.

As an all-round wellbeing drink, Revitalise is also healthy for your heart, brain, immune system, bones, muscles and digestive system. Visit bodycarenutrition.com.au for more information.

A strong performer Revitalise has a Low GI score of 38 and a Low Glycemic Load score of 6. The graph below compares the mean GI value of Revitalise to glucose.

Revitalise is not a meal replacement. It is available in delicious vanilla, chocolate and coffee flavours. At only RRP $32.95, Revitalise lasts 14 days.

Free delivery for online orders
Revitalise is available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2019** into the shopping cart for **free delivery**. Offer expires 20/06/19.

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- Austral Pharmacist Advice, **Austral**
- Destro's Pharmacy, **Drummoyne**
- Eddies Pharmacy, **Ramsgate Beach**
- St Lukes Xtreme Chemist, **Raby**
- Terry White Chemmart, **Bondi Junction** (Westfield)
- Terry White Chemmart, **Oran Park** S/Centre
- Westleigh Pharmacy Chemsave, **Westleigh Village**

Central Coast
- Bateau Bay Road Chemist, **Bateau Bay**
- Discount Drug Store, **Budgewoi**
- HealthSAVE Chemist, **Erina Fair**
- Hopes Pharmacy, **Toukley**
- Wyee Centre Pharmacy, **Wyee**

Newcastle area
- My Community Pharmacy, **Shortland**

NSW Southern area
- Beachside Capital Chemist, **Ulladulla**
- Figtree Plaza Chemist, **Figtree**
- Mittagong Capital Chemist, **Mittagong**
- Windang Pharmacy & Compounding, **Windang**

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Brisbane
- Jindalee Chemsave, **Jindalee**
- Terry White Chemmart, **Mt Ommaney**

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North Queensland
- Ayr Amcal Chemist, **Ayr**
- LiveLife Pharmacy, **Cannonvale**

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- Capital Chemist, **Coburg North**
- Clairview Pharmacy, Clairview Rd, **Deer Park**
- Deer Park Pharmacy, Ballarat Rd, **Deer Park**

South Australia
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- Stratton Park Pharmacy, **Stratton Park**

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BodyCare Nutrition's Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. © Copyright 2019

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High in yum.

SunRice Low GI is everything you love about white rice with the added benefit of being naturally low GI. Included as part of a healthy, balanced diet, this delicious rice provides sustained energy to fuel active bodies.

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